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CSFII

Nationwide Food Consumption Survey Continuing Survey of Food Intakes by Individuals

Men 19-50 Years, 1 Day

1985

Abstract

This publication provides data on 1-day dietary intakes by men 19 to 50 years of age. The data were collected in summer 1985 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Data were collected using a 1-day recall in a personal interview, and are compared with data collected in a similar manner for men of the same ages in the Nationwide Food Consumption Survey 1977-78, summer quarter (July through September). Data are provided in 45 tables, and major results are summarized. Food intakes are aggregated in 60 food groups and subgroups and are tabulated for men 19 to 34 years, 35 to 50 years, and 19 to 50 years. Mean quantities of foods eaten per man per day and percentages of men who reported eating any food from the specified food groups and subgroups are presented. Tables of the mean intakes of food energy and nutrients and comparisons of intakes with the 1980 Recommended Dietary Allowances are provided for men in households classified by income, race, and location (urbanization and region). Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, fat, and carbohydrate; the frequency of eating; and the nutrient contributions of snacks and of food eaten away from home. Other factors related to nutrient intakes are included, such as the percentages of men following special diets or using vitamin and mineral supplements. Characteristics of the sample are included also.

KEYWORDS: Dietary survey, food intake, food away from home, frequency of eating, nutrient density, nutrient intake, snacks, supplements.

November 1986

Acknowledgments

The Continuing Survey of Food Intakes by Individuals 1985 was conducted by the Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. Robert B. Reese, chief of the Division's Food Consumption Research Branch, had overall responsibility for planning and supervising the survey. Howard A. Riddick supervised a team of nutritionists, home economists, and economists--Cecilia Wilkinson Enns, Kathryn H. Fleming, Kerry B. Greer, Patricia M. Guenther, Sharon J. Mickle, and Carol A. Tuszynski --in developing plans for coding and tabulating the data, analyzing the results, and writing this report. Katherine S. Tippett coordinated the preparation of the report. Brucy C. Gray, Renee A. Powell, and Joseph D. Goldman of the Survey Statistics Branch were responsible for data processing. Frank N. Hepburn and the Nutrient Data Research Branch provided food composition values. Carole A. Davis and the Guidance and Education Research Branch provided gram conversion information. Johna L. Pierce and Gerald Smith provided editorial assistance. Judy M. Roe typed the manuscript and Lois Ludka produced the final camera-ready copy.

The sample was designed and the data collected under contract by National Analysts, a division of Booz, Allen and Hamilton, Inc.; Beth B. Rothschild was the project director.

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CSFII: Men 19-50 Years, 1 Day, 1985

by the Nutrition Monitoring Division
Human Nutrition Information Service

Introduction

This publication provides data on 1-day dietary intakes by men 19 to 50 years of age. This is the third in a series of publications reporting results from the Continuing Survey of Food Intakes by Individuals (CSFII) conducted by the U.S. Department of Agriculture (USDA). The first two publications in the series provided 1-day dietary data for a national sample of women and children of all incomes (1) and for a national sample of low-income women and children (2).

The CSFII complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years. The survey is designed to provide timely information on the adequacy of diets of selected population groups and early indications of dietary changes. These are important considerations in planning food assistance and educational programs and in administering a variety of public programs affecting the supply, safety, and distribution of the Nation's food.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, Pennsylvania, conducted the Continuing Survey of Food Intakes by Individuals for 1985 (CSFII 1985) under contract with the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; and prepared the final data tape. HNIS defined the information to be collected; provided technical information such as food codes, gram weights of household measures, and the nutrient composition of foods; and monitored all aspects of the contract.

The data presented in this report result from merging the data from two separate population groups of men --a sample of men of all incomes drawn from all private households in the United States and a smaller sample of low-income men drawn from households with reported incomes at or below 130 percent of the poverty guidelines (3). Initially each sample was weighted independently because of differing sample selection procedures. Subsequently, the data from both samples were merged and the weights adjusted to produce a single data set. Appendix A provides information on the CSFII 1985 sampling, data collection, and data processing procedures.

The CSFII 1985 dietary intake data are compared with data for men of the same ages from the Nationwide Food Consumption Survey 1977-78 (NFCS 1977-78). Both sets of data are based on 1-day dietary recalls obtained by personal interview. Interviewing for the CSFII 1985 began in July and continued into January 1986; 95 percent of the interviews took place during July, August, and September 1985. Data from the NFCS 1977-78 that are used for comparison in this report were collected in the summer quarter of 1977 (July through September). Appendix B discusses data collection, food coding, and nutrient data differences between NFCS 1977-78 and CSFII 1985.

Food and Nutrient Intakes in 1985

In 1985, men reported a mean intake of 268 grams of meat, poultry, or fish. Meat mixtures accounted for 110 grams and beef reported separately accounted for 52 grams.[1] The category reported by the largest proportion of men was mixtures (40 percent), followed by frankfurters, sausages, and luncheon meats (31 percent), and beef (28 percent). The mean intakes of beef, pork, and meat mixtures differed by age. Younger men (19 to 34 years of age) reported lower mean intakes of beef and pork and higher mean intakes of meat mixtures than older men (35 to 50 years of age).

The mean intake by men of milk and milk products was 287 grams; 205 grams of this was fluid milk. Almost three-fourths (73 percent) of the men reported milk and milk products, and almost half (48 percent) reported fluid milk. The mean intake of fluid milk by younger men (243 grams) was higher than that by older men (158 grams). Younger men reported an intake of whole milk twice that of older men, but they reported eating less cream and milk desserts.

The mean intake of vegetables by men was 272 grams. Eighty-five percent of the men reported eating vegetables on the surveyed day. The mean intake of vegetables differed by age. Younger men reported a lower intake of total vegetables, tomatoes, and "other" vegetables than older men. A slightly lower proportion of younger men than of older men reported eating a vegetable on the surveyed day (83 and 87 percent, respectively).

The mean intake by men of fruit was 147 grams; 43 percent of the men reported eating fruit. The mean intake of fruit and the percentage of men eating fruit was similar for both age groups; however, younger men had a much higher mean intake of citrus fruits and juices and a much lower intake of noncitrus fruits, mixtures, and juices than older men.

The mean intake by men of grain products was 278 grams; of this, 94 grams was grain mixtures and 70 grams was yeast breads and rolls. The category reported by the highest percentage of men was yeast breads and rolls (74 percent) followed by baked goods other than yeast breads and rolls (52 percent). The mean intake of total grain products by younger men was similar to that by older men.

The mean intake by men of beverages was 1,429 grams, including 433 grams of carbonated soft drinks, 383 grams of coffee, and 304 grams of alcoholic beverages. Mean intakes of beverages differed for the two age groups of men; younger men reported drinking less coffee and more alcoholic beverages and regular carbonated soft drinks.

In 1985, men had a mean food energy intake of 2,560 kilocalories; younger men had slightly higher intakes than older men (2,667 and 2,428 kilocalories,

[1] Meat mixtures are mixtures having one or more types of meat, poultry, or fish as a major ingredient, such as stews, casseroles, sandwiches (including hamburgers), and frozen dinners.

respectively). Mean intakes by both age groups of men were above the 1980 RDA for 10 of the 15 nutrients examined. Intakes were below the RDA for vitamin B_6, magnesium, folacin, and zinc for both age groups of men and for vitamin E for older men. When the men were classified by income, race, urbanization, and region, three other nutrients (calcium, vitamin A, and riboflavin) were below the 1980 RDA for some groups (see text table A).

A mean intake below the RDA does not necessarily mean that individuals in the group were malnourished. Nutrient requirements for individuals differ, and the RDA are set high enough to meet the requirements of nearly all healthy individuals in a given sex and age group (4). Thus, the RDA for nutrients exceed the requirements of many individuals. Although intakes below the RDA for a nutrient are not necessarily inadequate, the risk of some individuals having inadequate intakes increases as the mean intake for their group falls further below the RDA.

The dietary fiber intake by men was 18 grams. This figure is based on limited information on the fiber content of foods. The mean intake of copper was 1.6 milligrams. This is below the range (2.0-3.0 milligrams) recommended by the Food and Nutrition Board, National Academy of Sciences (4). Men's sodium intake was 3,635 milligrams, above the recommended range (1,100-3,300 milligrams). The sodium intake data do not include sodium from salt added at the table. (Table salt has 484 milligrams of sodium per one-fourth teaspoon.)

In 1985, the percentage of food energy provided by fat differed by age. Fat provided 35 percent of food energy for younger men and 38 percent for older men. Saturated fat provided 13 percent of food energy for the younger men and 14 percent for the older men.

In 1985, 74 percent of the men identified one or more of their eating occasions as a snack. Snacks contributed 17 percent of men's food energy and 10 to 17 percent of their intakes of vitamins and minerals studied.

Sixty-nine percent of the men reported obtaining and eating some food away from home. This food contributed 33 percent of their food energy and 26 to 32 percent of their intakes of vitamins and minerals.

Changes Between 1977 and 1985

Intakes by men 19 to 50 years of age surveyed as part of the CSFII 1985 were compared with intakes by men of the same ages surveyed in 1977.[2] In 1985, men had

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[2] Readers interested in comparing data collected in 1985 with data collected in 1977 should be aware of changes in data collection procedures, probing techniques, and food composition data which might affect conclusions drawn about increases or decreases in the intake of certain foods and nutrients. Appendix B provides information on differences between the two surveys.

Text table A.--Mean intakes in 1 day of selected nutrients by men 19 to 50 years of age, by demographic characteristics, summer 1985

Characteristics	Vitamin B_6	Calcium	Magnesium	Vitamin E	Folacin	Zinc	Vitamin A	Riboflavin
	percentage of RDA							
Income level:								
Under 131% of poverty ..	82	106	98	102	91	99	122	120
131-300% of poverty	87	111	92	103	74	95	100	129
Over 300% of poverty....	89	126	98	100	77	95	146	139
Race:								
White	85	118	95	99	77	95	126	131
Black	73	70	80	87	61	88	95	96
Other	98	92	101	79	84	91	87	114
Urbanization:								
Central cities	80	116	90	91	71	88	104	126
Suburban areas	86	117	95	102	76	93	130	131
Nonmetropolitan areas ...	89	109	98	96	84	104	124	129
Region:								
Northeast	79	96	79	80	68	85	118	116
Midwest	94	136	104	110	84	104	130	148
South	82	105	93	97	75	89	118	123
West	87	125	99	102	77	101	124	129
All men	85	115	94	98	76	94	122	129

lower intakes of total meat, poultry, and fish; beef reported separately; whole milk; and eggs. They had higher intakes of lowfat or skim milk; legumes, nuts, and seeds; and carbonated soft drinks (both regular and low-calorie). Text table B provides a summary of the proportion of men using selected foods in 1985 and changes in mean intakes between 1977 and 1985.

The mean intake by men of meat, poultry, and fish decreased from 296 to 268 grams between 1977 and 1985, and the proportion of men reporting a meat, poultry, or fish item on the surveyed day decreased from 96 to 93 percent. The major change in this food group was for beef; the mean intake by men decreased from 80 to 52 grams and the proportion of men who reported eating beef decreased from 42 to 28 percent (the data on beef exclude beef eaten as part of a mixture). The mean intake of fish and shellfish was 21 grams in 1985 compared with 14 grams in 1977--an increase of 50 percent. The proportion of men who reported this category was small relative to other categories in the meat, poultry, and fish food group.

Between 1977 and 1985, men age 19 to 50 shifted away from drinking whole milk toward drinking lowfat or skim milk. The mean intake of whole milk by men in 1985 was 117 grams compared with 156 grams in 1977; the mean intake of lowfat or skim milk was 87 grams in 1985 compared with 57 grams in 1977. In 1977, lowfat or skim milk accounted for just slightly more than one-fourth of the fluid milk drunk by men; in 1985, lowfat or skim milk accounted for more than two-fifths. The proportion of men using milk on the surveyed day also shows the shift away from whole milk. In 1977, 44 percent of the men reported whole milk and 13 percent reported lowfat or skim milk. In 1985, those percentages were 27 and 21 percent, respectively.

The mean intake by men of eggs decreased from 35 to 26 grams between 1977 and 1985, and the proportion of men reporting eggs decreased from 34 to 28 percent. The mean intake of legumes, nuts, and seeds increased from 29 to 41 grams. Most of this increase was in the diets of younger men. The proportion of men reporting legumes, nuts, and seeds increased from 18 to 24 percent between 1977 and 1985.

A slightly lower proportion of men reported eating vegetables in 1985 than in 1977 (85 versus 89 percent), but men's mean intake of vegetables increased from 264 to 272 grams. The proportion of men reporting fruits was similar in 1977 and 1985 (44 and 43 percent, respectively); but mean intake increased (from 133 to 147 grams), with the intake by younger men of citrus fruits and juices accounting for most of the increase.

The mean intake by men of grain products in 1985 was 278 grams, only slightly higher than in 1977 (257 grams). This increase was due primarily to an increase in the mean intake of grain mixtures from 72 to 94 grams. The proportion of men reporting grain products on the surveyed day was similar in both years (96 percent in 1977 and 94 percent in 1985).

The mean intake of beverages by men was 1,429 grams in 1985, compared with 992 grams in 1977. The major change was an increase in use of carbonated soft drinks. The mean intake of soft drinks by men in

Text table B.--Percentages of men 19 to 50 years of age using selected foods and mean intakes in a day in the summer of 1985, and the percentage changes in mean intakes from the summer of 1977

Food group/subgroup	Individuals using	Mean intakes	
		1985	Change from 1977 to 1985
	percent	grams	percent
Total meat, poultry, and fish	93	268	-9
Meat mixtures	40	110	+5
Frankfurters, sausages, and luncheon meats	31	27	-16
Beef (reported separately)	28	52	-35
Pork (reported separately)	25	26	-7
Poultry (reported separately)	16	25	-22
Fish and shellfish (reported separately)	11	21	+50
Total fluid milk	48	205	-5
Whole	27	117	-25
Lowfat or skim	21	87	+53
Eggs	28	26	-26
Legumes, nuts, and seeds	24	41	+41
Total vegetables	85	272	+3
Total fruits	43	147	+11
Total grain products	94	278	+8
Grain mixtures	25	94	+31
Fats and oils	64	18	+6
Sugars and sweets	46	17	-19
Total carbonated soft drinks	61	433	+74
Regular	48	332	+43
Low-calorie	16	101	+494

1985 was 433 grams, compared with 249 grams in 1977. The proportion of men reporting a soft drink in 1985 was 61 percent, compared with 45 percent in 1977. The increase in mean intakes was greater for low-calorie soft drinks than for regular carbonated drinks, although more men drank regular than low-calorie soft drinks in both 1977 and 1985. Both the mean intake by men of alcoholic beverages and the proportion of men reporting the intake of alcoholic beverages was higher in 1985 than in 1977. A 1985 survey question probing for forgotten food items included alcoholic beverages and may have contributed to the increase in the amount reported.

Food energy intakes by men were slightly higher in 1985 than in 1977 (2,560 and 2,416 kilocalories, respectively); food energy was below the RDA in both 1985 and 1977 (94 and 88 percent, respectively). Nutrient intakes by men in 1985, expressed as percentages of the RDA, were similar to or higher than those in 1977. Mean intakes of 10 of the 12 nutrients examined in both years were above the RDA in both years. Intakes of two nutrients below the RDA in 1977--vitamin B_6 and magnesium--were below the RDA in 1985 also. The mean intake of vitamin B_6 was 82 percent of the RDA in 1977 and 85 percent in 1985. The mean intake of magnesium was 88 percent of the RDA in 1977 and 94 percent in 1985.

The proportion of men's food energy provided by protein in 1985 was the same as in 1977--16 percent, but the percentage of food energy from carbohydrate increased (from 40 percent in 1977 to 45 percent in 1985) and the percentage from fat decreased (from 41 to 36 percent). Some of this difference can be attributed to changes in food selections, such as decreased intake of beef, whole milk, and eggs and increased use of foods high in carbohydrate, such as grain products and sweetened beverages. Some of the difference may be attributable to changes in the way data were collected, such as increased use of probes about the intake of fat on meat, skin on poultry, and fat with vegetables.

Snacks were reported by a larger percentage of men in 1985 than in 1977 (74 and 62 percent, respectively). A larger proportion of men reported obtaining and eating food away from home in 1985 than in 1977 (69 versus 53 percent). Reflecting these differences, the nutritive contribution of both snacks and food away from home rose between 1977 and 1985.

In 1985, 45 percent of the men reported using some type of vitamin or mineral supplement, either regularly or occasionally. The use of supplements was up from 1977, when 26 percent of men reported using them.

Table 1.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Grams---									
Men:												
19-34	1,037	625	293	275	73	41	22	20	2	(*)	3	1
35-50	741	509	300	260	90	65	37	33	4	2	2	(*)
All	1,778	1,134	296	268	80	52	28	26	3	1	2	1

Age of Individuals (Years)	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish	
			Total		Chicken					
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Grams---									
Men:										
19-34	31	28	32	29	26	26	15	20	116	130
35-50	33	26	33	20	32	19	13	21	89	85
All	32	27	32	25	28	23	14	21	105	110

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.1-2.--Meat, Poultry, Fish: Percentage of Individuals Using, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---									
Men:												
19-34	1,037	625	95.2	92.7	40.1	24.3	23.7	23.3	1.4	0.4	1.9	0.5
35-50	741	509	97.6	93.3	44.8	33.1	34.5	27.9	2.6	.8	.8	.3
All	1,778	1,134	96.2	93.0	42.0	28.3	28.2	25.3	1.9	.5	1.4	.4

Age of Individuals (Years)	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish	
			Total		Chicken					
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Percent---									
Men:										
19-34	33.1	32.0	17.0	17.1	13.2	14.6	8.7	9.6	41.3	45.7
35-50	39.4	30.7	16.2	13.9	15.2	11.7	8.1	13.7	35.8	32.3
All	35.7	31.4	16.6	15.7	14.0	13.3	8.5	11.4	39.0	39.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.2-1.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Milk and Milk Products: Total Milk and Milk Products		Milk and Milk Products: Total Milk and Milk Products		Milk and Milk Products: Fluid Milk: Total		Milk and Milk Products: Fluid Milk: Whole		Milk and Milk Products: Fluid Milk: Lowfat/Skim	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		----Grams----		---Calcium Equivalents---		----------Grams----------					
Men:												
19-34.....	1,037	625	319	316	388	392	255	243	185	150	69	92
35-50.....	741	509	221	250	280	319	161	158	117	76	41	80
All.....	1,778	1,134	278	287	343	359	215	205	156	117	57	87

Age of Individuals (Years)	Milk and Milk Products: Yogurt		Milk and Milk Products: Cream and Milk Desserts		Milk and Milk Products: Cheese		Eggs		Legumes, Nuts, Seeds	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	----------Grams----------									
Men:										
19-34.....	3	3	25	28	16	16	33	27	24	44
35-50.....	2	4	30	44	17	18	36	25	35	37
All.....	3	3	27	35	16	17	35	26	29	41

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.2-2.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Milk and Milk Products: Total Milk and Milk Products		Milk and Milk Products: Fluid Milk: Total		Milk and Milk Products: Fluid Milk: Whole		Milk and Milk Products: Fluid Milk: Lowfat/Skim	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		----------Percent----------							
Men:										
19-34.....	1,037	625	73.7	72.1	57.4	50.2	46.0	30.3	13.1	21.4
35-50.....	741	509	73.2	74.9	53.8	45.4	41.2	23.3	12.8	21.1
All.....	1,778	1,134	73.5	73.3	55.9	48.0	44.0	27.2	13.0	21.3

Age of Individuals (Years)	Milk and Milk Products: Yogurt		Milk and Milk Products: Cream and Milk Desserts		Milk and Milk Products: Cheese		Eggs		Legumes, Nuts, Seeds	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	----------Percent----------									
Men:										
19-34.....	1.8	1.0	19.0	17.6	25.8	33.6	31.2	29.9	18.6	24.0
35-50.....	.9	2.9	24.9	30.3	26.3	32.2	38.3	26.3	17.0	23.5
All.....	1.4	1.9	21.4	23.3	26.0	33.0	34.2	28.3	17.9	23.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.3-1.--Vegetables: Mean Intakes per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	1977	1985	1977	1985	1977	1985	1977	1985
	----Number----		----------Grams----------					
Men:								
19-34.....	1,037	625	361	383	232	235	74	96
35-50.....	741	509	448	463	308	317	89	84
All.....	1,778	1,134	397	419	264	272	80	91

Age of Individuals (Years)	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	1977	1985	1977	1985	1977	1985	1977	1985
	----------Grams----------							
Men:								
19-34.....	34	38	6	8	7	5	110	88
35-50.....	50	55	7	12	12	4	151	161
All.....	41	46	6	10	9	5	127	121

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.3-2.--Vegetables: Percentage of Individuals Using, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	1977	1985	1977	1985	1977	1985	1977	1985
	----Number----		----------Percent----------					
Men:								
19-34	1,037	625	91.7	89.9	87.2	83.4	52.2	50.8
35-50	741	509	92.7	93.1	90.6	87.0	52.9	50.9
All	1,778	1,134	92.1	91.3	88.6	85.1	52.5	50.8

	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	1977	1985	1977	1985	1977	1985	1977	1985
	----------Percent----------							
Men:								
19-34	33.2	36.3	4.6	3.8	6.4	4.3	67.5	65.3
35-50	36.7	48.4	4.5	5.0	8.7	7.3	77.4	73.4
All	34.7	41.7	4.6	4.4	7.4	5.6	71.7	68.9

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.4-1.--Fruits: Mean Intakes per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Number		Grams							
Men:										
19-34	1,037	625	129	148	55	84	52	82	(*)	(*)
35-50	741	509	139	146	50	48	47	46	0	(*)
All	1,778	1,134	133	147	53	68	50	66	(*)	(*)

Age of Individuals (Years)	Other Fruits, Mixtures, Juices									
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Grams									
Men:										
19-34	74	64	12	10	10	5	41	43	11	6
35-50	89	97	10	13	8	11	61	71	10	2
All	80	79	11	11	9	8	49	55	11	5

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.4-2.--Fruits: Percentage of Individuals Using, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		----------Percent----------							
Men:										
19-34.....	1,037	625	42.6	42.4	24.4	25.5	22.0	24.0	0.4	0.4
35-50.....	741	509	46.1	43.5	24.8	20.2	21.7	17.5	.0	.5
All.....	1,778	1,134	44.0	42.9	24.5	23.1	21.9	21.1	.2	.4

Age of Individuals (Years)	Other Fruits, Mixtures, Juices									
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	----------Percent----------									
Men:										
19-34.....	27.3	23.1	6.4	5.7	6.2	3.7	17.4	14.8	3.5	2.1
35-50.....	30.1	35.0	6.9	7.8	6.3	10.4	18.8	25.4	4.9	1.4
All.....	28.5	28.4	6.6	6.7	6.3	6.7	18.0	19.6	4.0	1.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.5-1.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Grain Products											
			Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To-Eat Cereals			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Grams---											
Men:														
19-34	1,037	625	266	283	80	70	56	65	46	47	8	11	84	101
35-50	741	509	244	271	79	71	70	65	39	50	8	10	56	85
All	1,778	1,134	257	278	80	70	62	65	43	49	8	10	72	94

Age of Individuals (Years)	Fats and Oils						Sugars and Sweets					
	Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Grams---											
Men:												
19-34	16	16	7	5	8	10	21	19	6	4	2	4
35-50	18	21	8	9	9	11	21	15	8	4	2	4
All	17	18	8	7	8	10	21	17	7	4	2	4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.5-2.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Grain Products													
			Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To-Eat Cereals			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---											
Men:														
19-34.....	1,037	625	96.1	92.9	81.6	72.1	47.8	51.9	29.0	25.7	15.4	14.6	22.4	27.4
35-50.....	741	509	96.0	95.6	81.9	76.6	56.2	52.4	28.4	28.6	16.5	15.6	17.5	22.5
All.....	1,778	1,134	96.1	94.1	81.7	74.1	51.3	52.1	28.8	27.0	15.9	15.0	20.4	25.2

Age of Individuals (Years)	Fats and Oils						Sugars and Sweets					
	Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Percent---											
Men:												
19-34.....	56.9	59.1	39.6	37.8	28.0	30.6	51.6	40.9	35.3	24.7	5.2	10.6
35-50.....	63.1	70.4	48.0	45.7	27.0	38.5	56.4	51.4	45.5	39.7	3.8	11.1
All.....	59.5	64.2	43.1	41.3	27.6	34.2	53.6	45.6	39.5	31.4	4.6	10.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.6-1.--Beverages: Mean Intakes per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Grams---											
Men:														
19-34.....	1,037	625	933	1,440	171	390	167	351	762	1,050	211	274	171	200
35-50.....	741	509	1,073	1,416	142	199	115	173	931	1,217	490	516	226	268
All.....	1,778	1,134	992	1,429	159	304	145	271	833	1,125	327	383	194	231

Age of Individuals (Years)	Nonalcoholic Beverages											
	Fruit Drinks and Ades						Carbonated Soft Drinks					
	Total		Regular		Low-Calorie		Total		Regular		Low-Calorie	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Grams---											
Men:												
19-34.....	87	86	79	62	7	24	294	491	279	411	14	80
35-50.....	31	71	30	51	1	20	186	362	166	236	20	126
All.....	63	79	59	57	5	22	249	433	232	332	17	101

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 1.6-2.--Beverages: Percentage of Individuals Using, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---											
Men:														
19-34	1,037	625	90.9	89.3	20.6	27.9	16.3	24.4	87.6	86.7	38.3	36.9	28.2	26.8
35-50	741	509	94.1	97.2	19.7	27.4	13.2	17.1	92.4	95.8	75.4	74.6	33.8	32.5
All	1,778	1,134	92.2	92.8	20.2	27.7	15.0	21.2	89.6	90.8	53.8	53.8	30.6	29.4

Age of Individuals (Years)	Nonalcoholic Beverages											
	Fruit Drinks and Ades						Carbonated Soft Drinks					
	Total		Regular		Low-Calorie		Total		Regular		Low-Calorie	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Percent---											
Men:												
19-34	15.5	14.4	14.9	10.4	0.7	4.3	51.4	63.1	48.9	55.9	3.0	10.8
35-50	8.0	10.6	7.8	8.9	.2	1.7	35.7	57.8	31.8	38.6	4.3	21.6
All	12.4	12.7	11.9	9.7	.5	3.1	44.9	60.7	41.8	48.1	3.6	15.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Summer 1977 and Summer 1985

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		Kilocalories		----------Grams----------						International Units		---------Milligrams---------			
Under 131% Poverty:																
Men:																
19-34.....	127	103	2,527	2,704	113.0	98.5	114.8	107.7	254.0	328.5	5,507	5,295	82	103	1.55	1.72
35-50.....	66	41	2,371	3,175	108.0	123.8	115.7	144.8	217.4	347.1	3,548	8,100	65	177	1.78	2.23
All.....	193	145	2,474	2,838	111.3	105.7	115.1	118.2	241.5	333.8	4,839	6,093	76	124	1.63	1.86
131-300% Poverty:																
Men:																
19-34.....	315	210	2,476	2,617	97.7	98.0	112.6	106.6	263.5	298.7	6,940	4,886	103	116	1.52	1.77
35-50.....	214	161	2,410	2,533	96.7	100.4	115.8	111.7	240.1	274.1	8,522	5,206	91	103	1.56	1.80
All.....	529	371	2,449	2,581	97.3	99.0	113.9	108.8	254.0	288.0	7,580	5,025	98	110	1.54	1.78
Over 300% Poverty:																
Men:																
19-34.....	349	239	2,435	2,664	96.4	100.5	111.6	107.1	240.7	302.2	4,840	6,730	89	99	1.47	1.77
35-50.....	302	232	2,320	2,393	96.3	95.5	112.3	102.0	215.0	262.4	6,377	7,898	92	117	1.48	1.86
All.....	651	471	2,382	2,531	96.4	98.1	111.9	104.6	228.7	282.6	5,553	7,305	90	108	1.47	1.82
All Income Levels:																
Men:																
19-34.....	1,037	625	2,432	2,667	98.4	99.6	110.4	106.7	249.5	305.2	6,307	5,703	91	105	1.49	1.73
35-50.....	741	509	2,393	2,428	98.1	95.9	115.2	104.6	228.5	264.6	6,701	6,594	88	113	1.57	1.78
All.....	1,778	1,134	2,416	2,560	98.3	97.9	112.4	105.8	240.7	287.0	6,471	6,103	90	109	1.52	1.75

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Summer 1977 and Summer 1985--continued

Income Level and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Milligrams		Milligrams		Milligrams		Micrograms		Milligrams		Milligrams		Milligrams		Milligrams	
Under 131% Poverty:																
Men:																
19-34	2.02	1.88	27.5	24.4	1.93	1.61	5.31	6.13	810	817	1,562	1,503	308	308	18.2	15.4
35-50	1.71	2.10	24.6	34.6	1.75	2.25	6.38	5.88	653	930	1,363	1,830	296	433	18.3	19.8
All	1.92	1.94	26.5	27.3	1.87	1.79	5.67	6.06	757	849	1,494	1,596	304	344	18.2	16.7
131-300% Poverty:																
Men:																
19-34	2.07	2.17	23.4	27.1	1.76	1.94	7.21	6.00	883	956	1,486	1,576	307	323	16.0	16.1
35-50	2.02	1.96	24.4	26.5	1.74	1.86	7.70	6.65	737	802	1,398	1,461	317	321	16.2	15.4
All	2.05	2.08	23.8	26.9	1.75	1.91	7.41	6.28	824	889	1,450	1,526	311	322	16.1	15.8
Over 300% Poverty:																
Men:																
19-34	2.00	2.24	23.5	28.0	1.83	2.01	5.09	9.19	862	1,053	1,489	1,640	311	342	15.2	16.3
35-50	1.94	2.22	24.5	25.8	1.89	1.89	5.32	6.66	781	961	1,409	1,547	323	343	16.3	16.8
All	1.97	2.23	24.0	26.9	1.86	1.95	5.20	7.94	824	1,007	1,452	1,594	317	343	15.7	16.5
All Income Levels:																
Men:																
19-34	2.07	2.13	23.9	26.9	1.79	1.91	6.63	9.05	871	975	1,488	1,589	305	330	15.7	16.0
35-50	1.93	2.02	24.9	26.0	1.84	1.83	5.94	6.36	736	849	1,398	1,469	315	328	16.6	15.8
All	2.02	2.08	24.3	26.5	1.81	1.87	6.34	7.84	815	919	1,451	1,536	309	329	16.1	15.9

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 2.1B.--Nutrient Intakes: Mean Per Individual in a Day, by Income Level, Summer 1985

Income Level and Age of Individuals (Years)	Individuals	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Dietary Fiber
	1985	1985	1985	1985	1985	1985
	Number	Grams			Milligrams	Grams
Under 131% Poverty:						
MEN:						
19-34	103	38.0	40.7	21.4	525	18.4
35-50	41	49.2	60.4	26.0	471	25.0
All	145	41.2	46.3	22.7	510	20.3
131-300% Poverty:						
MEN:						
19-34	210	38.6	40.1	20.6	484	16.3
35-50	161	41.6	42.7	20.0	438	18.3
All	371	39.9	41.3	20.3	464	17.2
Over 300% Poverty:						
MEN:						
19-34	239	38.8	41.4	19.8	388	16.1
35-50	232	39.2	37.8	18.0	442	19.5
All	471	39.0	39.6	18.9	415	17.8
All Income Levels:						
MEN:						
19-34	625	38.7	40.6	20.1	443	16.6
35-50	509	39.9	39.9	18.8	427	18.5
All	1,134	38.8	40.3	19.5	435	17.5

Table 2.1B.--Nutrient Intakes: Mean Per Individual in a Day, by Income Level, Summer 1985--continued

Income Level and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	1985	1985	1985	1985	1985	1985	1985	1985
	Retinol Equivalents		Alpha-Tocopherol Equivalents	Micrograms	Milligrams			
Under 131% Poverty:								
MEN:								
19-34	929	337	9.1	368	13.1	1.6	3,803	3,139
35-50	1,071	692	13.0	355	19.2	2.3	4,492	4,224
All	969	438	10.2	365	14.9	1.8	3,999	3,441
131-300% Poverty:								
MEN:								
19-34	897	291	10.5	316	13.8	1.6	3,909	3,152
35-50	947	321	9.9	272	14.9	1.6	3,545	3,364
All	919	304	10.2	297	14.3	1.6	3,751	3,244
Over 300% Poverty:								
MEN:								
19-34	1,043	499	10.6	310	14.2	1.6	3,820	3,248
35-50	1,216	584	9.3	303	14.4	1.6	3,521	3,395
All	1,128	541	10.0	307	14.3	1.6	3,673	3,320
All Income Levels:								
MEN:								
19-34	947	390	10.1	320	13.9	1.6	3,781	3,194
35-50	1,044	478	9.4	287	14.4	1.6	3,456	3,296
All	990	429	9.8	305	14.1	1.6	3,635	3,240

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Summer 1977 and Summer 1985

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Number		Kilocalories		Grams						International Units		Milligrams			
White:																
Men:																
19-34	901	542	2,456	2,744	97.4	101.2	112.4	110.0	251.1	314.5	5,816	6,062	92	108	1.47	1.75
35-50	636	471	2,411	2,410	97.8	94.3	117.4	104.5	229.4	260.7	6,646	6,548	87	112	1.58	1.74
All	1,537	1,012	2,437	2,589	97.5	98.0	114.5	107.5	242.1	289.5	6,159	6,288	90	110	1.51	1.75
Black:																
Men:																
19-34	102	50	2,272	2,101	102.9	86.9	98.2	82.1	239.5	232.7	8,363	3,399	81	73	1.56	1.48
35-50	82	12	2,193	2,966	93.2	116.3	94.7	133.9	218.0	332.5	6,344	10,267	103	139	1.48	2.69
All	184	62	2,237	2,274	98.6	92.8	96.6	92.5	229.9	252.6	7,464	4,773	91	86	1.52	1.72
Other:																
Men:																
19-34	33	29	2,275	2,174	112.5	91.9	94.2	84.8	237.2	252.7	13,240	3,008	94	96	1.67	1.62
35-50	19	21	2,818	2,399	131.8	109.8	134.6	86.2	255.9	305.6	10,311	6,228	74	114	1.89	1.91
All	53	50	2,473	2,269	119.5	99.4	108.9	85.4	244.0	275.0	12,173	4,365	87	104	1.75	1.74

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Summer 1977 and Summer 1985--continued

Race and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Milligrams		Milligrams		Milligrams		Micrograms		Milligrams							
White:																
Men:																
19-34	2.07	2.21	23.7	27.7	1.79	1.96	5.91	9.78	907	1,033	1,508	1,642	310	341	15.6	16.4
35-50	1.97	2.02	24.7	25.3	1.84	1.77	6.02	6.44	761	850	1,409	1,451	318	320	16.7	15.5
All	2.03	2.12	24.1	26.6	1.81	1.87	5.96	8.23	846	948	1,467	1,553	314	331	16.0	16.0
Black:																
Men:																
19-34	1.95	1.47	25.2	21.5	1.68	1.39	10.35	4.43	541	507	1,288	1,117	238	225	16.3	11.7
35-50	1.56	1.91	24.3	39.6	1.70	2.51	3.73	3.60	533	790	1,253	1,896	296	507	15.0	17.7
All	1.78	1.56	24.8	25.1	1.69	1.61	7.40	4.26	537	563	1,273	1,273	264	282	15.8	12.9
Other:																
Men:																
19-34	2.49	1.53	24.4	22.1	2.15	1.78	14.45	3.52	907	616	1,569	1,381	348	324	18.5	15.0
35-50	2.52	2.28	34.9	31.3	2.36	2.66	13.33	6.41	727	895	1,692	1,556	323	395	21.5	19.1
All	2.50	1.84	28.3	26.0	2.23	2.15	14.04	4.74	841	733	1,613	1,455	339	354	19.6	16.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race, Summer 1985

Race and Age of Individuals (Years)	Individuals	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Dietary Fiber
	1985	1985	1985	1985	1985	1985
	Number	Grams			Milligrams	Grams
White:						
MEN:						
19-34	542	40.2	41.8	20.6	440	16.9
35-50	471	39.3	39.5	18.6	431	18.0
All	1,012	39.8	40.7	19.7	436	17.4
Black:						
MEN:						
19-34	50	28.5	32.8	14.7	425	11.1
35-50	12	33.4	59.9	32.6	336	30.6
All	62	29.5	38.2	18.3	407	15.0
Other:						
MEN:						
19-34	29	27.8	32.1	18.6	473	21.5
35-50	21	32.8	33.7	13.1	332	23.9
All	50	29.9	32.7	16.3	414	22.5

Table 2.2B--Nutrient Intakes: Mean per Individual in a Day, by Race, Summer 1985--continued

Race and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	1985	1985	1985	1985	1985	1985	1985	1985
	Retinol Equivalents		Alpha-Tocopherol Equivalents	Micrograms	Milligrams			
White:								
MEN:								
19-34	1,010	413	10.5	327	14.3	1.6	3,870	3,295
35-50	1,043	468	9.3	283	14.0	1.5	3,389	3,242
All	1,025	439	9.9	307	14.2	1.6	3,647	3,270
Black:								
MEN:								
19-34	516	265	6.5	209	11.3	1.6	2,879	2,254
35-50	1,286	930	17.7	390	20.2	3.2	4,030	4,292
All	670	398	8.7	245	13.1	2.0	3,109	2,662
Other:								
MEN:								
19-34	501	193	7.5	360	11.3	1.5	3,357	2,856
35-50	1,034	488	8.3	301	17.0	1.8	4,549	3,924
All	726	317	7.9	335	13.7	1.6	3,859	3,306

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Summer 1977 and Summer 1985

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		Kilocalories		----------Grams----------						International Units		---------Milligrams---------			
Central Cities:																
Men:																
19-34.....	383	181	2,375	2,359	99.7	90.6	105.7	92.4	246.9	267.0	6,130	4,169	89	94	1.42	1.52
35-50.....	187	104	2,313	2,393	101.2	96.3	108.3	99.7	217.9	271.5	8,768	7,003	93	118	1.59	1.95
All.....	570	285	2,355	2,372	100.2	92.7	106.5	95.1	237.4	268.6	6,994	5,200	90	103	1.48	1.67
Suburban Areas:																
Men:																
19-34.....	385	301	2,461	2,686	96.0	102.4	113.0	109.8	252.5	304.5	6,514	6,490	99	111	1.55	1.80
35-50.....	324	291	2,344	2,417	91.1	94.7	113.4	106.1	225.5	256.1	6,421	6,519	88	108	1.46	1.72
All.....	710	592	2,407	2,554	93.8	98.6	113.1	108.0	240.2	280.7	6,472	6,504	94	110	1.51	1.76
Nonmetropolitan Areas:																
Men:																
19-34.....	268	143	2,473	3,015	99.9	105.0	113.5	118.1	248.8	354.8	6,261	5,989	81	107	1.49	1.84
35-50.....	230	114	2,529	2,486	105.5	98.6	123.3	105.4	241.4	280.1	5,418	6,416	85	123	1.71	1.79
All.....	498	257	2,499	2,780	102.5	102.2	118.0	112.4	245.4	321.7	5,871	6,178	83	114	1.59	1.82

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Summer 1977 and Summer 1985--continued

Urbanization and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Milligrams		Milligrams		Milligrams		Micrograms		Milligrams							
Central Cities:																
Men:																
19-34	1.97	1.88	22.9	22.7	1.80	1.64	6.04	6.76	851	949	1,469	1,480	296	300	15.8	13.7
35-50	2.03	2.27	25.5	27.5	1.87	1.94	8.74	6.06	681	892	1,364	1,484	303	338	16.7	18.7
All	1.99	2.03	23.8	24.5	1.82	1.75	6.92	6.50	795	928	1,435	1,481	298	314	16.1	15.5
Suburban Areas:																
Men:																
19-34	2.16	2.23	23.7	28.5	1.77	2.00	6.92	7.85	888	1,006	1,491	1,615	312	339	15.7	16.6
35-50	1.82	1.98	23.0	25.0	1.74	1.79	5.00	5.71	753	860	1,377	1,462	316	324	15.4	14.8
All	2.00	2.11	23.4	26.8	1.76	1.90	6.04	6.80	827	934	1,439	1,540	314	332	15.6	15.7
Nonmetropolitan Areas:																
Men:																
19-34	2.11	2.21	25.5	28.7	1.81	2.05	7.06	14.46	873	945	1,513	1,673	306	351	15.7	17.5
35-50	2.01	1.92	27.0	27.2	1.95	1.83	5.01	8.30	757	783	1,455	1,476	324	329	18.1	15.7
All	2.06	2.08	26.2	28.0	1.87	1.95	6.11	11.73	819	873	1,486	1,586	314	341	16.8	16.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 2.3B.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Summer 1985

Urbanization and Age of Individuals (Years)	Individuals	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Dietary Fiber
	1985	1985	1985	1985	1985	1985
	Number	Grams			Milligrams	Grams
Central Cities:						
Men:						
19-34.....	181	33.4	35.1	17.6	409	14.8
35-50.....	104	37.9	37.3	17.6	408	18.8
All.....	285	35.1	35.9	17.6	408	16.2
Suburban Areas:						
Men:						
19-34.....	301	39.7	42.1	20.4	438	16.6
35-50.....	291	39.4	40.0	19.5	440	18.2
All.....	592	39.6	41.1	20.0	439	17.4
Nonmetropolitan Areas:						
Men:						
19-34.....	143	43.3	44.4	22.6	494	19.1
35-50.....	114	38.3	42.0	18.0	411	18.8
All.....	257	41.1	43.3	20.5	457	18.9

Table 2.3B.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Summer 1985--continued

Urbanization and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	1985	1985	1985	1985	1985	1985	1985	1985
	Retinol Equivalents		Alpha-Tocopherol Equivalents	Micrograms	Milligrams			
Central Cities:								
Men:								
19-34.....	716	273	9.1	281	12.2	1.4	3,420	2,793
35-50.....	1,123	498	9.1	288	14.7	1.6	3,434	3,345
All.....	864	355	9.1	283	13.1	1.5	3,425	2,994
Suburban Areas:								
Men:								
19-34.....	1,026	471	10.7	321	14.3	1.7	3,951	3,296
35-50.....	1,012	484	9.7	284	13.6	1.5	3,420	3,245
All.....	1,019	477	10.2	302	14.0	1.6	3,690	3,271
Nonmetropolitan Areas:								
Men:								
19-34.....	1,072	370	10.1	368	15.2	1.7	3,881	3,487
35-50.....	1,051	442	9.0	294	16.1	1.9	3,565	3,383
All.....	1,063	402	9.6	335	15.6	1.8	3,741	3,441

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Summer 1977 and Summer 1985

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Number		Kilocalories		Grams						International Units		Milligrams			
Northeast:																
Men:																
19-34	275	111	2,431	2,386	95.1	96.8	108.1	96.9	248.1	261.2	6,858	5,911	103	110	1.45	1.77
35-50	199	103	2,428	2,216	101.8	88.5	117.6	97.3	219.2	229.9	5,831	5,893	82	105	1.63	1.55
All	473	214	2,430	2,304	97.9	92.8	112.1	97.1	236.0	246.1	6,427	5,902	94	108	1.53	1.67
Midwest:																
Men:																
19-34	271	140	2,386	2,994	95.2	108.7	111.1	122.1	241.7	353.2	4,648	5,912	84	119	1.39	1.96
35-50	190	125	2,478	2,653	99.0	98.9	115.9	112.0	248.3	295.2	5,952	7,188	94	101	1.72	1.92
All	462	265	2,424	2,833	96.8	104.1	113.1	117.3	244.4	325.8	5,186	6,515	88	111	1.53	1.94
South:																
Men:																
19-34	279	250	2,383	2,723	97.5	98.2	107.7	107.5	251.2	318.8	5,474	5,673	76	93	1.55	1.71
35-50	221	166	2,222	2,304	92.0	88.4	102.2	96.1	230.3	267.5	8,245	6,208	84	120	1.52	1.87
All	500	417	2,312	2,556	95.1	94.3	105.2	102.9	242.0	298.3	6,698	5,887	80	104	1.54	1.77
West:																
Men:																
19-34	211	124	2,557	2,436	108.1	94.6	116.3	96.4	259.2	263.0	8,816	5,343	104	110	1.56	1.47
35-50	131	114	2,507	2,552	101.5	110.3	132.3	115.7	210.7	258.2	6,507	7,138	96	127	1.35	1.69
All	343	239	2,538	2,492	105.5	102.1	122.2	105.6	240.6	260.7	7,932	6,201	101	118	1.48	1.57

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Summer 1977 and Summer 1985--continued

Region and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	Milligrams						Micrograms		Milligrams							
Northeast:																
Men:																
19-34	2.05	1.98	24.1	26.1	1.80	1.86	6.10	5.78	868	798	1,469	1,372	309	284	14.8	15.9
35-50	1.93	1.73	25.4	23.3	1.88	1.60	5.43	5.54	784	741	1,429	1,299	303	270	15.7	13.2
All	2.00	1.86	24.7	24.8	1.83	1.73	5.82	5.66	833	770	1,452	1,337	307	278	15.2	14.6
Midwest:																
Men:																
19-34	1.98	2.44	22.7	28.5	1.67	2.18	5.08	6.94	870	1,146	1,429	1,799	274	367	14.7	18.2
35-50	2.01	2.33	25.1	27.1	1.93	1.94	4.81	8.24	760	1,016	1,431	1,621	318	363	17.2	17.9
All	1.99	2.39	23.7	27.9	1.78	2.06	4.97	7.56	825	1,085	1,430	1,715	292	365	15.7	18.0
South:																
Men:																
19-34	1.96	1.99	23.9	27.7	1.68	1.80	6.62	7.45	752	887	1,407	1,577	282	328	16.1	15.4
35-50	1.97	2.02	24.2	25.5	1.72	1.80	7.79	4.67	674	773	1,310	1,386	305	319	16.5	15.7
All	1.96	2.00	24.0	26.8	1.70	1.80	7.14	6.34	717	841	1,364	1,500	292	324	16.3	15.5
West:																
Men:																
19-34	2.36	2.18	25.1	24.2	2.09	1.88	9.31	17.54	1,031	1,120	1,697	1,573	366	337	17.9	14.6
35-50	1.79	1.96	25.0	27.9	1.84	1.97	5.25	7.51	735	875	1,452	1,579	345	356	17.1	15.9
All	2.14	2.08	25.0	25.9	1.99	1.92	7.76	12.74	918	1,003	1,604	1,576	358	346	17.6	15.2

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region, Summer 1985

Region and Age of Individuals (Years)	Individuals	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Dietary Fiber
	1985	1985	1985	1985	1985	1985
	Number	Grams			Milligrams	Grams
Northeast:						
Men:						
19-34	111	35.1	37.6	17.5	446	14.8
35-50	103	37.3	36.9	16.5	445	16.0
All	214	36.2	37.2	17.0	446	15.3
Midwest:						
Men:						
19-34	140	45.2	45.3	23.2	465	20.4
35-50	125	44.1	42.1	18.4	469	18.9
All	265	44.7	43.8	20.9	467	19.7
South:						
Men:						
19-34	250	37.7	41.8	20.8	430	15.7
35-50	166	34.0	37.1	18.2	363	19.3
All	417	36.2	39.9	19.8	403	17.2
West:						
Men:						
19-34	124	36.8	35.6	17.3	441	15.8
35-50	114	41.6	44.2	22.2	458	19.0
All	239	39.1	39.7	19.7	449	17.3

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region, Summer 1985--continued

Region and Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	1985	1985	1985	1985	1985	1985	1985	1985
	Retinol Equivalents		Alpha-Tocopherol Equivalents	Micrograms	Milligrams			
Northeast:								
Men:								
19-34	894	449	8.2	305	13.4	1.4	3,839	2,860
35-50	921	447	7.8	241	12.0	1.4	3,327	2,856
All	907	448	8.0	274	12.7	1.4	3,592	2,858
Midwest:								
Men:								
19-34	1,058	379	12.5	368	15.6	1.7	4,339	3,633
35-50	1,324	426	9.3	300	15.5	1.8	3,925	3,569
All	1,184	401	11.0	336	15.5	1.7	4,143	3,603
South:								
Men:								
19-34	898	407	10.1	309	13.3	1.7	3,634	3,144
35-50	883	491	9.1	286	13.5	1.6	3,209	3,250
All	892	441	9.7	300	13.3	1.6	3,464	3,187
West:								
Men:								
19-34	968	317	9.1	302	13.8	1.5	3,400	3,100
35-50	1,081	542	11.5	315	16.6	1.7	3,416	3,460
All	1,022	424	10.2	308	15.1	1.6	3,408	3,272

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 3.1.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Summer 1977 and Summer 1985

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---													
Under 131% Poverty:																
Men:																
19-34	127	103	91	98	202	176	110	106	137	173	108	120	124	115	150	133
35-50	66	41	88	118	193	221	71	162	108	295	127	159	107	132	137	192
All	193	145	90	104	199	189	97	122	127	207	114	132	118	120	146	150
131-300% Poverty:																
Men:																
19-34	315	210	90	95	174	175	139	98	172	194	107	125	128	134	129	149
35-50	214	161	89	94	173	179	170	104	151	171	111	129	126	122	136	147
All	529	371	90	95	174	177	152	100	163	184	109	126	127	129	131	148
Over 300% Poverty:																
Men:																
19-34	349	239	89	97	172	180	97	135	148	164	103	125	123	138	128	154
35-50	302	232	86	89	172	171	128	158	154	195	106	133	121	139	136	143
All	651	471	87	93	172	175	111	146	151	179	104	129	122	139	132	149
All Income Levels:																
Men:																
19-34	1,037	625	88	97	176	178	126	114	151	176	104	122	127	131	131	148
35-50	741	509	89	90	175	171	134	132	147	189	112	127	121	126	138	144
All	1,778	1,134	88	94	176	175	129	122	150	182	107	124	125	129	134	146

Table 3.1.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Summer 1977 and Summer 1985--continued

Income Level and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E	Folacin	Zinc
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
	Percent														
Under 131% Poverty:															
Men:															
19-34	88	73	177	204	101	102	195	188	88	88	182	154	91	92	88
35-50	79	102	213	196	82	116	170	229	85	124	183	197	130	89	128
All	85	82	189	202	95	106	187	199	87	98	182	167	102	91	99
131-300% Poverty:															
Men:															
19-34	80	88	240	200	110	120	186	197	88	92	160	161	105	79	92
35-50	79	85	175	222	92	100	175	183	91	92	162	154	100	68	99
All	80	87	214	209	103	111	181	191	89	92	161	158	103	74	95
Over 300% Poverty:															
Men:															
19-34	83	91	170	306	108	132	186	205	89	98	152	163	106	77	94
35-50	86	86	177	222	98	120	176	193	92	98	163	168	93	76	96
All	85	89	173	265	103	126	182	199	91	98	157	165	100	77	95
All Income Levels:															
Men:															
19-34	81	87	221	271	109	122	186	199	87	94	157	160	101	80	93
35-50	84	83	174	212	92	106	175	184	90	94	166	158	94	72	96
All	82	85	202	245	102	115	181	192	88	94	161	159	98	76	94

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 3.2.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race, Summer 1977 and Summer 1985

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---													
White:																
Men:																
19-34	901	542	89	100	174	181	116	121	153	180	103	123	127	136	130	152
35-50	636	471	89	89	175	168	133	131	145	187	113	124	123	126	137	140
All	1,537	1,012	89	95	174	175	123	126	150	183	107	124	125	131	133	147
Black:																
Men:																
19-34	102	50	82	76	184	155	167	68	135	121	109	103	119	90	137	117
35-50	82	12	81	110	166	208	127	205	172	232	106	192	97	119	135	220
All	184	62	82	83	176	166	149	95	151	144	108	121	110	96	136	138
Other:																
Men:																
19-34	33	29	82	79	201	164	265	60	157	160	115	114	151	94	132	120
35-50	19	21	104	89	235	196	206	124	124	191	135	136	158	142	194	174
All	53	50	90	83	213	178	243	87	145	173	123	123	153	114	155	143

Table 3.2--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race, Summer 1977 and Summer 1985--continued

Race and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E	Folacin	Zinc
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
	Percent														
White:															
Men:															
19-34	81	89	197	291	113	129	189	205	89	97	156	164	105	82	95
35-50	84	81	173	215	95	106	176	181	91	91	167	155	93	71	94
All	82	85	187	255	106	118	183	194	90	95	160	160	99	77	95
Black:															
Men:															
19-34	76	63	345	148	68	63	161	140	68	64	163	117	65	52	76
35-50	77	114	124	120	67	99	157	237	85	145	150	177	177	97	135
All	77	73	247	142	67	70	159	159	75	80	158	129	87	61	88
Other:															
Men:															
19-34	98	81	482	117	113	77	196	173	100	93	185	149	75	90	75
35-50	107	121	444	214	91	112	211	195	92	113	215	191	83	75	113
All	101	98	468	158	105	92	202	182	97	101	196	167	79	84	91

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 3.3.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization, Summer 1977 and Summer 1985

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---													
Central Cities:																
Men:																
19-34.....	383	181	86	86	178	162	123	83	148	157	100	107	121	116	126	124
35-50.....	187	104	86	89	181	172	175	140	155	196	114	139	127	142	142	153
All.....	570	285	86	87	179	165	140	104	150	172	104	119	123	126	131	135
Suburban Areas:																
Men:																
19-34.....	385	301	89	98	171	183	130	130	166	185	108	127	132	138	130	157
35-50.....	324	291	87	90	163	169	128	130	146	181	104	123	114	124	128	139
All.....	710	592	88	94	167	176	129	130	157	183	107	125	124	131	129	148
Nonmetropolitan Areas:																
Men:																
19-34.....	268	143	90	110	178	188	125	120	135	178	104	129	129	136	139	158
35-50.....	230	114	94	92	188	176	108	128	142	204	122	128	126	120	150	151
All.....	498	257	91	102	183	182	117	124	138	190	112	129	128	129	144	155

Table 3.3.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization, Summer 1977 and Summer 1985--continued

Urbanization and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E	Folacin	Zinc
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
	Percent														
Central Cities:															
Men:															
19-34	82	75	201	225	106	119	184	185	85	86	158	137	91	70	81
35-50	85	88	197	202	85	112	171	185	86	96	167	187	91	72	98
All	83	80	200	217	99	116	179	185	85	90	161	155	91	71	88
Suburban Areas:															
Men:															
19-34	81	91	231	262	111	126	186	202	89	97	157	166	107	80	96
35-50	79	81	167	190	94	107	172	183	90	93	154	148	98	71	90
All	80	86	201	227	103	117	180	192	90	95	156	157	102	76	93
Nonmetropolitan Areas:															
Men:															
19-34	82	93	235	349	109	118	189	209	87	100	157	175	101	92	101
35-50	88	83	167	277	95	98	182	185	93	94	181	157	90	73	107
All	85	89	204	317	102	109	186	198	90	98	168	167	96	84	104

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 3.4.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Summer 1977 and Summer 1985

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---													
Northeast:																
Men:																
19-34.....	275	111	88	87	170	173	137	118	171	183	102	125	126	123	132	144
35-50.....	199	103	90	82	182	158	117	118	136	175	116	111	120	108	141	130
All.....	473	214	89	85	175	166	129	118	156	179	108	118	124	116	136	137
Midwest:																
Men:																
19-34.....	271	140	86	110	170	194	93	118	139	199	97	138	121	151	124	157
35-50.....	190	125	92	98	177	177	119	144	157	168	123	137	125	146	139	151
All.....	462	265	88	104	173	186	104	130	146	184	108	138	123	148	130	154
South:																
Men:																
19-34.....	279	250	86	99	174	175	109	113	127	155	109	119	120	122	131	151
35-50.....	221	166	82	85	164	158	165	124	140	199	108	134	123	126	134	142
All.....	500	417	85	93	170	168	134	118	133	173	109	125	121	123	132	147
West:																
Men:																
19-34.....	211	124	93	89	193	169	176	107	173	183	110	104	146	135	138	133
35-50.....	131	114	93	95	181	197	130	143	160	211	97	120	112	123	139	155
All.....	343	239	93	92	188	182	159	124	168	196	105	112	133	129	138	143

Table 3.4.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Summer 1977 and Summer 1985--continued

Region and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E	Folacin	Zinc
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
	Percent														
Northeast:															
Men:															
19-34	82	84	203	193	108	100	184	171	88	81	148	159	82	76	89
35-50	85	73	181	185	98	93	179	162	87	77	157	132	78	60	80
All	83	79	194	189	104	96	182	167	88	79	152	146	80	68	85
Midwest:															
Men:															
19-34	76	99	169	231	109	143	179	225	78	105	147	182	125	92	104
35-50	88	88	160	275	95	127	179	203	91	104	172	179	94	75	103
All	81	94	166	252	103	136	179	214	84	104	157	180	110	84	104
South:															
Men:															
19-34	77	82	221	248	94	111	176	197	81	94	161	154	101	77	88
35-50	78	82	180	156	84	97	164	173	87	91	165	157	91	72	90
All	77	82	203	211	90	105	170	188	84	93	163	155	97	75	89
West:															
Men:															
19-34	95	85	310	431	129	140	212	197	105	96	179	146	91	75	92
35-50	83	90	175	250	92	109	182	197	99	102	171	159	115	79	111
All	90	87	259	345	115	125	200	197	102	99	176	152	102	77	101

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 4A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Food Energy in Total Diet		Intake per 1,000 Kilocalories											
					Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		Kilocalories		----------Grams----------						International Units		----------Milligrams----------			
Men:																
19-34	1,037	625	2,432	2,667	40.9	38.8	44.8	39.2	105.0	115.1	2,783	2,278	40	45	0.63	0.66
35-50	741	509	2,393	2,428	41.7	40.8	47.4	41.8	96.0	111.2	2,842	2,924	38	52	.66	.74
All	1,778	1,134	2,416	2,560	41.2	39.7	45.9	40.4	101.3	113.3	2,808	2,568	39	48	.64	.70

Age of Individuals (Years)	Intake per 1,000 Kilocalories															
	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	----------Milligrams----------				---Micrograms---				----------Milligrams----------							
Men:																
19-34	0.87	0.80	9.9	10.5	0.74	0.73	2.86	3.17	364	366	618	605	126	129	6.7	6.2
35-50	.81	.84	11.4	11.2	.78	.78	2.45	2.68	315	353	600	619	157	143	7.3	6.7
All	.85	.82	10.6	10.8	.75	.75	2.69	2.95	343	360	611	611	139	135	7.0	6.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 4B.--Nutrient Intakes per 1,000 Kilocalories: Mean Per Individual in a Day, Summer 1985

Age of Individuals (Years)	Individuals	Intake per 1,000 Kilocalories					
		Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Dietary Fiber	
	1985	1985	1985	1985	1985	1985	
	Number	Grams			Milligrams	Grams	
Men:							
19-34	625	14.1	15.0	7.5	177	6.4	
35-50	509	15.3	15.8	7.8	183	7.8	
All	1,134	14.7	15.3	7.6	180	7.0	

Age of Individuals (Years)	Intake per 1,000 Kilocalories							
	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	1985	1985	1985	1985	1985	1985	1985	1985
	Retinol Equivalents		Alpha-Tocopherol Equivalents	Micrograms	Milligrams			
Men:								
19-34	366	161	3.9	126	5.3	0.7	1,464	1,260
35-50	452	216	3.9	126	6.0	.7	1,478	1,462
All	405	186	3.9	126	5.6	.7	1,470	1,351

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 5A.--Food Energy from Protein, Fat, and Carbohydrate: Mean per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Protein		Fat		Carbohydrate	
	1977	1985	1977	1985	1977	1985	1977	1985
	-----Number-----		----------Percent----------					
Men:								
19-34	1,037	625	16.4	15.5	40.3	35.3	42.0	46.0
35-50	741	509	16.7	16.3	42.7	37.6	38.4	44.5
All	1,778	1,134	16.5	15.9	41.3	36.4	40.5	45.3

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 5B.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day, Summer 1985

Age of Individuals (Years)	Individuals	Protein	Total Fat	Saturated Fat
	1985	1985	1985	1985
	Number	Percent		
Men:				
19-34	625	15.5	35.3	12.7
35-50	509	16.3	37.6	13.8
All	1,134	15.9	36.4	13.2

	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	1985	1985	1985
	Percent		
Men:			
19-34	13.5	6.7	46.0
35-50	14.2	7.0	44.5
All	13.8	6.8	45.3

NOTE: SEE "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 6.--Frequency of Eating: Percentage of Individuals Reporting Specified Number of Eating Occasions in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Number of Eating Occasions in a Day							
			1		2		3		4	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		----------Percent----------							
Men:										
19-34	1,037	625	0.6	1.7	14.5	11.5	36.2	25.8	25.4	23.0
35-50	741	509	.3	.3	8.3	6.6	38.5	23.8	28.2	23.7
All	1,778	1,134	.5	1.1	11.9	9.3	37.1	24.9	26.6	23.3

Age of Individuals (Years)	Number of Eating Occasions in a Day									
	5		6		7		8		9 or More	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	----------Percent----------									
Men:										
19-34	11.1	13.2	6.2	10.7	3.2	3.5	1.0	2.8	1.8	7.9
35-50	13.6	18.9	5.9	10.4	3.5	6.8	.8	4.3	1.0	5.1
All	12.1	15.8	6.1	10.5	3.3	5.0	.9	3.5	1.5	6.6

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 7A.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Individuals Reporting Snacks		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---															
Men:																		
19-34..	1,037	625	62.2	72.2	12.4	18.1	7.6	11.1	9.6	13.1	14.9	21.1	7.7	11.6	6.9	15.1	8.3	14.1
35-50..	741	509	61.9	76.3	11.0	14.8	6.6	8.1	7.8	10.9	13.4	18.3	8.0	10.7	5.6	8.9	6.9	9.5
All..	1,778	1,134	62.1	74.0	11.8	16.6	7.2	9.7	8.8	12.1	14.3	19.8	7.9	11.2	6.4	12.3	7.7	12.0

	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Percent---															
Men:																
19-34..	11.0	15.9	8.9	14.0	8.7	14.8	7.6	12.9	12.9	16.8	11.8	15.2	13.9	18.2	7.9	12.5
35-50..	10.3	12.2	9.1	9.9	8.2	9.8	6.5	9.3	12.7	13.5	10.7	11.7	13.4	14.6	7.6	9.5
All..	10.7	14.2	9.0	12.1	8.5	12.5	7.1	11.3	12.8	15.3	11.3	13.6	13.7	16.6	7.7	11.1

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 7B.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Summer 1985

Age of Individuals (Years)	Individuals	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Dietary Fiber
	1985	1985	1985	1985	1985	1985
	Number	Percent				
Men:						
19-34	625	13.5	12.7	12.9	7.8	14.9
35-50	509	11.8	10.3	9.9	8.2	10.9
All	1,134	12.8	11.6	11.5	8.0	13.1

Age of Individuals (Years)	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	1985	1985	1985	1985	1985	1985	1985	1985
	Percent							
Men:								
19-34	11.6	11.3	13.6	16.0	12.2	18.1	11.7	15.4
35-50	10.8	10.1	11.5	10.3	9.8	14.4	8.6	12.9
All	11.3	10.8	12.7	13.4	11.1	16.4	10.3	14.3

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 8A.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Individuals Eating Away		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Number---		---Percent---															
Men:																		
19-34..	1,037	625	57.8	68.1	25.7	36.1	24.5	34.6	25.5	35.8	26.3	36.0	21.6	29.7	20.9	29.9	23.7	32.8
35-50..	741	509	45.4	71.1	18.0	28.3	17.2	27.5	17.5	29.7	17.6	28.4	15.4	23.7	14.3	24.5	15.5	26.5
All..	1,778	1,134	52.7	69.4	22.5	32.6	21.5	31.4	22.2	33.1	22.6	32.6	19.0	27.0	18.2	27.5	20.3	30.0

	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---Percent---															
Men:																
19-34..	24.0	33.0	24.1	35.9	23.2	33.3	25.1	34.7	24.4	33.2	24.8	34.1	23.6	34.3	24.7	34.5
35-50..	16.9	26.2	17.7	26.9	16.3	25.2	18.4	27.7	17.0	28.0	17.5	27.1	17.0	27.0	17.0	27.7
All..	21.1	30.0	21.5	31.9	20.3	29.7	22.3	31.5	21.3	30.9	21.8	31.0	20.9	31.0	21.5	31.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 8B.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, Summer 1985

Age of Individuals (Years)	Individuals	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Dietary Fiber
	1985	1985	1985	1985	1985	1985
	Number	Percent				
Men:						
19-34	625	36.1	35.9	35.9	33.3	35.0
35-50	509	29.6	29.7	30.3	31.1	25.7
All	1,134	33.2	33.1	33.4	32.3	30.8

	Vitamin A	Carotenes	Vitamin E	Folacin	Zinc	Copper	Sodium	Potassium
	1985	1985	1985	1985	1985	1985	1985	1985
	Percent							
Men:								
19-34	28.6	32.0	33.3	32.9	35.6	35.0	34.2	34.6
35-50	23.6	25.0	28.3	25.4	27.6	27.1	30.1	27.4
All	26.4	28.9	31.0	29.5	32.0	31.5	32.3	31.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 9.1--Special Diets: Percentage of Individuals Reporting, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Individuals on Special Diets	
	1977	1985	1977	1985
	---Number---		----------Percent----------	
Men:				
19-34	1,037	625	5.4	4.0
35-50	741	509	11.6	10.9
All	1,778	1,134	8.0	7.1

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-1978.

Table 9.2.--Types of Special Diets, Summer 1985

Age of Individuals (Years)	Individuals	Individuals on Special Diets	Type of Diet				
			Low Calorie/ Weight Loss	Low Fat/ Low Cholesterol	Low Salt	Low Sugar/ Sugar-Free	Other
	Number		Percent				
Men:							
19-34	625	4.0	36.1	50.9	32.8	45.3	24.3
35-50	509	10.9	26.6	47.1	40.5	51.4	29.4
All	1,134	7.1	29.5	48.3	38.1	49.5	27.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 10.--Use of Vitamin and Mineral Supplements: Percentage of Individuals Using Supplements, Summer 1977 and Summer 1985

Age of Individuals (Years)	Individuals		Individuals Using Supplements	
	1977	1985	1977	1985
	---Number---		----------Percent----------	
Men:				
19-34	1,037	625	25.0	42.5
35-50	741	509	28.7	47.9
All	1,778	1,134	26.5	44.9

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985, and NFCS 1977-78.

Table 11.1.--Characteristics of the Male Respondents: Employment Status and Educational Level, Summer 1985

Age of Respondents (Years)	Individuals	Employment Status			
		Full Time	Part Time	Not Employed	Not Reported
	Number	Percent			
19-34	625	79.6	7.4	11.8	1.3
35-50	509	87.1	3.3	8.6	1.0
All	1,134	82.9	5.6	10.4	1.1

	Educational Level				
	Elementary School or Less	Some High School	High School Completed	College	Not Reported
	Percent				
19-34	2.2	9.2	35.8	52.7	0.1
35-50	4.2	7.1	42.0	46.7	.0
All	3.1	8.3	38.6	50.0	.1

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 11.2.--Characteristics of the Male Respondents: Race, Summer 1985

Age of Respondents (Years)	Individuals	Race		
		White	Black	Other
	Number	Percent		
19-34	625	86.6	7.9	4.6
35-50	509	92.5	2.4	4.1
All	1,134	89.3	5.5	4.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 11.3.--Characteristics of the Male Respondents: Household Income Level as a Percentage of Poverty, Summer 1985

Age of Respondents (Years)	Individuals	Household Income as Percentage of Poverty			
		Under 131%	131 to 300%	Over 300%	Not Reported
	Number	Percent			
19-34	625	16.6	33.6	38.2	11.6
35-50	509	8.1	31.6	45.6	14.6
All	1,134	12.8	32.7	41.6	12.9

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 12.1.--Distribution of Individuals by Urbanization and by Region, Summer 1985

Age of Individuals (Years)	Individuals	Urbanization		
		Central Cities	Suburban Areas	Nonmetropolitan Areas
	Number	Percent		
Men:				
19-34	625	29.0	48.1	22.9
35-50	509	20.4	57.2	22.4
All	1,134	25.1	52.2	22.7

	Region			
	Northeast	Midwest	South	West
	Percent			
Men:				
19-34	17.7	22.3	40.0	19.9
35-50	20.2	24.6	32.7	22.4
All	18.9	23.4	36.7	21.0

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 12.2.--Distribution of Individuals by Urbanization and Race, Summer 1985

Age of Individuals (Years)	All Urbanizations				Central Cities			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Men:								
19-34	625	86.6	7.9	4.6	181	75.9	12.5	9.5
35-50	509	92.5	2.4	4.1	104	86.5	4.6	7.8
All	1,134	89.3	5.5	4.4	285	79.8	9.6	8.9

Age of Individuals (Years)	Suburban Areas				Nonmetropolitan Areas			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Men:								
19-34	301	93.8	4.6	1.1	143	85.1	9.1	5.8
35-50	291	94.0	1.3	4.2	114	94.0	3.4	.5
All	592	93.9	3.0	2.7	257	89.1	6.5	3.5

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 12.3.--Distribution of Individuals by Region and Race, Summer 1985

Age of Individuals (Years)	Northeast				Midwest			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Men:								
19-34	111	85.3	8.1	5.7	140	91.3	1.5	5.5
35-50	103	91.0	2.2	5.6	125	96.8	2.3	.0
All	214	88.0	5.2	5.6	265	93.9	1.9	2.9

Age of Individuals (Years)	South				West			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Men:								
19-34	250	82.6	15.4	2.1	124	90.9	0.0	7.9
35-50	166	89.0	4.3	5.3	114	94.3	.0	5.6
All	417	85.1	11.0	3.3	239	92.5	.0	6.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 12.4.--Distribution of Individuals by Household Income and Race, Summer 1985

Age of Individuals (Years)	All Income Levels				Under 131% Poverty				131 to 300% Poverty			
	Individuals	White	Black	Other	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent			Number	Percent		
Men:												
19-34	625	86.6	7.9	4.6	103	75.4	11.0	13.6	210	86.7	7.6	5.7
35-50	509	92.5	2.4	4.1	41	72.0	14.9	10.1	161	92.8	.2	5.6
All	1,134	89.3	5.5	4.4	145	74.4	12.1	12.6	371	89.3	4.4	5.7

Age of Individuals (Years)	Over 300% Poverty				Income Not Reported			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Men:								
19-34	239	94.0	3.4	1.2	72	78.5	19.4	0.0
35-50	232	94.5	1.6	3.4	75	97.0	3.0	.0
All	471	94.2	2.5	2.3	147	87.9	11.1	.0

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 12.5.--Distribution of Individuals by Household Size and Race, Summer 1985

Age of Individuals (Years)	Number of Household Members: 1				2				3			
	Individuals	White	Black	Other	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent			Number	Percent		
Men:												
19-34..	66	80.9	8.0	11.1	177	92.1	6.4	0.0	138	93.1	2.9	2.3
35-50..	22	82.3	12.5	.0	104	95.7	1.4	2.9	102	92.9	1.6	4.4
All..	88	81.2	9.2	8.3	281	93.5	4.5	1.1	239	93.0	2.4	3.2

	Number of Household Members: 4				5				More Than 5			
	Individuals	White	Black	Other	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent			Number	Percent		
Men:												
19-34..	125	90.4	5.1	4.5	89	73.5	14.0	12.5	31	61.8	32.6	5.2
35-50..	151	94.8	1.4	2.2	92	87.3	4.0	8.7	38	92.1	1.8	6.1
All..	276	92.8	3.1	3.2	182	80.5	8.9	10.5	69	78.4	15.8	5.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

Table 13.--Household Size and Household Income as a Percentage of Poverty, Summer 1985

Number of Household Members	Households	Household Income as Percentage of Poverty			
		Under 131%	131 to 300%	Over 300%	Not Reported
	Number	Percent			
1	81	15.2	18.2	63.0	3.7
2	250	6.0	28.4	49.2	16.4
3	218	8.5	28.0	53.0	10.5
4	258	13.9	36.6	37.9	11.6
5	150	17.9	46.9	24.8	10.5
More Than 5	57	30.1	38.2	15.0	16.7
All Households	1,014	12.4	32.9	42.7	12.0

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Men, 1985.

General notes:
(1) The numbers of individuals in the tables are weighted. See Appendix A for an explanation of weighting procedures.
(2) The number of individuals in each age group may not sum to the number in the ALL row because of rounding of fractional weighting factors.
(3) The number of individuals in certain groups is small; thus, the results for these groups should be interpreted with caution.

TABLES 1.1-1 to 1.1-2--MEAT, POULTRY, FISH

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Total meat, poultry, fish--Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Unflavored gelatin and meat gravies are included in this total, but not in any of the following subgroups.

Beef--Includes beef steaks, roasts, ground beef, baby-food beef, corned beef, beef bacon, pastrami, oxtails, and shortribs. Excludes variety meats, such as liver and kidney, and processed beef, such as beef bologna and beef frankfurters.

Pork--Includes ham; bacon; salt pork; pigs' feet; pork cracklings; baby-food pork and ham; pork roll; and fresh, ground, cured, smoked, pickled, and dehydrated pork. Excludes variety meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats.

Organ meats--Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart.

Frankfurters, sausages, luncheon meats--Includes processed meats from beef, pork, ham, veal, chicken, and turkey and baby-food meat sticks and frankfurters.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wild fowl, and baby-food chicken and turkey. Excludes giblets.

Chicken--Includes chicken only. Excludes giblets.

Fish and shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle.

Mixtures mainly meat, poultry, fish--Includes mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat,

poultry, or fish sandwiches reported as a single item (for example, ham sandwich).

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.2-1 TO 1.2-2--MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Calcium equivalent--Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents (the amount, in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported food). Includes fluid milk, yogurt, cream, milk desserts, and cheese. Excludes butter. Whey, flavored milk drinks, meal replacements with milk, milk-based infant formulas, unreconstituted dry milk and powdered mixtures, and milk sauces and gravies are included in this total but not in any of the following subgroups.

Total fluid milk--Quantities are as reported. Includes whole, lowfat, skim, acidophilus, filled, evaporated, and condensed milk; buttermilk; goat's milk; and reconstituted dry milk.

Whole milk--Quantities are as reported. Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk--Quantities are as reported. Includes lowfat (1 and 2 percent) and skim fluid cow's milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Yogurt--Quantities are as reported. Includes plain, flavored, and fruit-variety yogurt, breakfast yogurt, and frozen yogurt.

Cream and milk desserts--Quantities are as reported. Includes fluid and powdered cream, half-and-half, sour cream, ice cream, ice milk, milk sherbets, and desserts made with milk, such as custards, cornstarch pudding, and baby-food puddings. Excludes nondairy sweet cream and sour cream substitutes, which are included under fats and oils.

Cheese--Quantities are as reported. Includes natural hard and soft cheeses, processed cheeses and spreads, imitation cheeses, cottage cheese, cream cheese, and mixtures that are mainly cheese, such as cheese souffle, rarebit, and cheese sandwiches reported as a single item.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes, such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.3-1 TO 1.3-2--VEGETABLES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Total vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables and mixtures that are mainly vegetables.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

Tomatoes--Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Dark-green vegetables--Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green vegetables, such as spinach souffle and escarole soup; and baby-food spinach.

Deep-yellow vegetables--Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

Other vegetables--Includes cooked and raw vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy

vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.4-1 TO 1.4-2--FRUITS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Total fruits--Includes citrus fruits and juices, dried fruits, and other fruits, mixtures that are mainly fruits, and juices.

Total citrus fruits and juices--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under beverages.

Citrus juices--Includes grapefruit, lemon, lime, orange, tangerine, and other citrus juices whether sweetened or unsweetened, fresh, frozen, canned, or bottled; mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

Dried fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits. Excludes mixtures and juices, such as prune juice.

Total other fruits, mixtures, juices--Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruit; fruit salads and mixtures that are mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are tabulated under beverages.

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes mixtures.

Bananas--Includes raw and cooked bananas. Excludes mixtures.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruits, apples, and bananas; also includes baby-food noncitrus fruits and mixtures that are mainly fruits.

Noncitrus juices and nectars--Includes fruit juices other than citrus and baby-food noncitrus juices. Excludes noncitrus fruit drinks and ades, which are tabulated under beverages.

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.5-1 TO 1.5-2--GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures having grain as a main ingredient. Flour and biscuit mix are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes yeast breads and rolls (excluding sweet rolls), English muffins, and bagels. Excludes yeast-type coffee cakes.

Other baked goods--Includes yeast-type sweet rolls and coffee cakes, biscuits, cornbread, tortillas, plain and fruit muffins, other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, and uncooked cereal grains.

Ready-to-eat cereals--Includes unsweetened and sweetened ready-to-eat cereals, baby-food cereals, and mixtures of baby cereal and fruit or egg yolk.

Mixtures mainly grain--Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Total fats and oils--Includes table fats, cooking fats such as bacon grease, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Table fats--Includes butter, margarine, and imitation margarine.

Salad dressings--Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Sugars--Includes white, brown, maple, and raw sugar and sugar substitutes.

Candy--Includes candy (including dietetic sweets), chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.6-1 TO 1.6-2--BEVERAGES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Several nonalcoholic, nonfruit, noncarbonated beverages (for example, Puerto Rican oatmeal beverage) are included under this total but not in any of the following subgroups.

Total alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, wine coolers, and distilled liquors.

Beer and ale--Includes beer, ale, and light ("lite") beer. Excludes near beer.

Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and near beer.

Coffee--Includes ground and instant decaffeinated and regular coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes tea from leaves; instant tea; instant tea with lemon, sugar, and/or artificial sweetener; frozen concentrate; and herb and other teas.

Total fruit drinks and ades--Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate.

Regular fruit drinks and ades--Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types. Excludes carbonated fruit drinks.

Low-calorie fruit drinks and ades--Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks--Includes regular and diet carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; and near beer and other malt- and ale-type nonalcoholic beverages.

Regular carbonated soft drinks--Includes all carbonated soft drinks except unsweetened and sugar-free types. Also includes near beer and other malt- and ale-type nonalcoholic beverages.

Low-calorie carbonated soft drinks--Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 2.1A TO 2.4B--NUTRIENT INTAKES

In a day--Based on 24-hour dietary recall of day preceding interview.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU).

Niacin--Values for niacin do not include niacin contributed by tryptophan, a niacin precursor.

Dietary fiber--Represents total dietary fiber. Includes both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums and pectin).

Carotenes--Represents retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Vitamin E--Represents vitamin E activity from alpha-, beta-, and gamma-tocopherol expressed as alpha-tocopherol equivalents.

Folacin--Represents total folate activity.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

TABLES 3.1 TO 3.4--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES

Recommended Dietary Allowances--See Appendix C.

In a day--Based on 24-hour dietary recall of day preceding interview.

Vitamin A--Based on intakes expressed as international units (IU) to permit comparison with data from NFCS 1977-78. Appendix C provides RDA for vitamin A (IU) and for vitamin A (RE).

Niacin--Intakes of niacin do not include niacin contributed by tryptophan, a niacin precursor.

TABLES 4-1 TO 4-2--NUTRIENT INTAKES PER 1,000 KILOCALORIES

In a day--Based on 24-hour dietary recall of day preceding interview.

TABLES 5A TO 5B--NUTRIENT SOURCES OF FOOD ENERGY

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.

In a day--Based on 24-hour dietary recall of day preceding interview.

TABLE 6--FREQUENCY OF EATING

In a day--Based on 24-hour dietary recall of day preceding interview.

TABLES 7A to 7B--NUTRITIVE CONTRIBUTION OF SNACKS, SPRING 1977 AND SPRING 1985

Percentage of nutrient intake--If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

TABLES 8A to 8B--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME, SPRING 1977 AND SPRING 1985

Percentage of nutrient intake--If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

TABLE 9.2--TYPES OF SPECIAL DIETS

Type of special diet--Percentages listed in each column are the percentages of individuals on special diets who reported that type of diet.

Percent--Multiple types could be reported. Therefore, columns under type of diet may not sum to 100 percent.

TABLE 10--USE OF VITAMIN AND MINERAL SUPPLEMENTS

Use--Includes both regular and occasional use of vitamin and/or mineral supplements.

TABLES 12.1 TO 12.5--DISTRIBUTION OF INDIVIDUALS BY SELECTED HOUSEHOLD CHARACTERISTICS

Race--Excludes individuals for whom race was not reported.

Age--Calculated from date of birth as reported by the household informant.

Alpha-tocopherol equivalent--See "Vitamin E."

Calcium equivalent--The amount, expressed in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor--57 g x 6.06 = 345 g. (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of fluid whole milk.)

Carotenes--Beta-carotene and other provitamin A carotenoids (see Vitamin A).

Central city--See "Urbanization."

Dietary fiber--Total dietary fiber including both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Dietary intake--See "Food intake."

Eating occasion--Any report of eating or drinking by a respondent. Each change in time of eating reported on the questionnaire was considered to be a separate eating occasion.

Educational level--Adult respondents were categorized according to their highest grade of formal schooling: (a) none, never attended; (b) elementary--grades 1 to 8; (c) high school or high school equivalency--1 to 4 years; (d) college--1 to 5 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling or company training unless credit is given which would be accepted at a regular school or college.

Employment status--Employment includes any work done during the week prior to the interview for which money, goods, or services were received, including active duty in the Armed Forces. A respondent was also "employed" if he had a job but was not actually at work that week. Full-time (35 hours or more) or part-time (1 through 34 hours) status was determined by the number of hours per week usually worked during the past 3 months.

Folacin--Total folate activity.

Food group--See "Table Notes" for descriptions of the various food groups and subgroups.

Food intake--All beverages (except water) and foods ingested by the respondent. Does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home--Any food or beverage ingested by a respondent that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply. See "Home food supply."

Home food supply--Foods and beverages ingested at home and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household--All individuals who regularly occupied a house, an apartment, or a room or group of rooms that constituted a housing unit. Included persons temporarily absent, such as those who were in a dormitory, in the hospital, or traveling. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household informant--The household member who gave information on household characteristics such as income, food expenditures, and participation in food assistance programs; usually the male head of household.

Household size--Number of individuals in a household. See "Household."

Income--Household informant's estimate of the total income from all sources before taxes of all household members in 1984. Called "household income."

Male head of household--Person indicated as such by the household informant.

Main meal planner/preparer--Person identified by the household informant as most responsible for planning and preparing the household's meals.

Midwest--See "Region."

Niacin--Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from dietary tryptophan, a niacin precursor.

Nonmetropolitan areas--See "Urbanization."

Northeast--See "Region."

Nutrient density--Amount of nutrient per 1,000 kilocalories of food energy intake.

Nutrient intake--Nutrient content of all foods and beverages (except water) ingested by the respondent. Vitamin, mineral, and other supplements are excluded. See "Methodology" (Appendix A) for information on the nutrient data base.

One-day dietary recall--A recall of beverages and foods ingested during the day preceding the interview--the 24 hours from 12:00 a.m. (midnight) to 11:59 p.m.

Poverty--See "Methodology" (Appendix A) for explanation of how percentage of poverty level was determined.

Race--Self-reported by respondents as white, black, Asian/Pacific Islander, or Aleut/Eskimo/American Indian.

Recommended Dietary Allowances (RDA)--Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (4). Intakes below RDA are not necessarily inadequate, but the risk of inadequacy increases to the extent that intake is less than the recommended level. The 1980 RDA for the various sex-age groups are given in Appendix C.

Region--An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their States are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont;

Midwest (formerly North Central): Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin;

South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia;

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Retinol equivalents--See "Vitamin A."

Snack--Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

South--See "Region."

Suburban areas--See "Urbanization."

Summer--For the 1985 survey, data were collected from July 1985 through January 1986; 95 percent of the interviews took place in July, August, and September 1985. For the 1977 survey, 99 percent of the interviews took place in July, August, and September 1977.

Supplements--Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Urbanization--Based on metropolitan statistical areas (MSA) defined by the U.S. Department of Commerce for the 1980 Census of Population. The degrees of urbanization used in this report are as follows:

Central city: A city which has a population of 50,000 or more and is the main city within an MSA.

Suburban area: Generally within the boundaries of an MSA but not within the legal limits of the central city.

Nonmetropolitan area: Any area not within an MSA.

User--Any participant who reported eating a food item from a specified food group or subgroup at least once during the surveyed day.

Vitamin A--Vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids. Values in tables are expressed as international units (IU) and as retinol equivalents (RE). One IU equals 0.3 microgram of retinol, 0.6 microgram of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE equals 1 microgram retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E--Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol. Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram alpha-tocopherol, 2 milligrams beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Weighting factors--Factors applied to data from completed questionnaires to compensate for differing response rates among the primary sampling units and among individuals of similar ages. See "Methodology" (Appendix A) for a further discussion.

West--See "Region."

Sample Design

The CSFII 1985 survey of men 19 to 50 years of age was designed to provide a multistage stratified area probability sample representative of the 48 conterminous States. The stratification plan was organized using estimates of the U.S. population in 1985. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States were grouped into the 9 census geographic divisions; then all land areas within the divisions were divided into 3 urbanization classifications: central city, suburban, and nonmetropolitan (see Glossary). The stratification process resulted in a total of 60 strata--17 central-city, 28 suburban, and 15 nonmetropolitan--which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as reported by the Bureau of the Census. The distribution of these strata is shown below:

Census region and division	Central city	Suburban	Nonmetropolitan
	number of strata		
Northeast:			
New England	1	1	1
Middle Atlantic	3	5	1
Midwest:			
East North Central	3	6	2
West North Central	1	1	2
South:			
South Atlantic	2	5	3
East South Central	1	1	2
West South Central	2	3	2
West:			
Mountain	1	1	1
Pacific	3	5	1
Total	17	28	15

Counties, cities, or parts of cities within each stratum were grouped together into smaller, relatively homogeneous units, called primary sampling units (PSU), based on political, economic, and demographic characteristics and/or geographical proximity. Two PSU were selected to represent each of 60 strata for a total of 120 PSU. Each PSU was selected with an probability proportional to its estimated size based on 1985 population estimates.

Each selected PSU was divided geographically along census boundaries into smaller clusters, known as area segments. Two groups of area segments were part of the CSFII 1985 men's survey--segments selected for the all-income sample and segments selected for the low-income sample. Each area segment was selected with a probability proportional to the ratio of the number of housing units in the area segment to the total number of housing units in the PSU.

A total of 206 area segments were drawn into the all-income sample. In order to identify low-income qualifying households efficiently, a disproportionate sample of area segments was drawn using a two-stage process. Initially, 700 area segments were chosen with a probability proportional to the ratio of the number of housing units in the area segment to the total number of housing units in the PSU. Each segment was classified into one of three poverty strata according to the proportion of the population in the segment at or below 125 percent of poverty.[1] Subsequently, a total of 336 segments were drawn into the low-income sample such that those known to contain a higher proportion of poverty households were selected at a higher rate while those known to contain a lower proportion were sampled at a lower rate as shown below.

Population within 125% of poverty	Segments initially sampled	Segments subsampled	Sampling rate
	----------number----------		
Less than 10%	225	56	0.25
10-24%	325	130	0.40
25% or more	150	150	1.00
All strata	700	336	

The 206 all-income area segments and the 336 low-income area segments were prelisted to identify the existing housing units within the area boundaries at the time of the survey. The prelisted number of housing units in the area, together with census information, served as the basis for determining the number of housing units to be selected into the sample from that area. Approximately 2,190 housing units were identified for contact in the all-income sample. Of these, 185 were not occupied at the time of field contact. Approximately 2,172 housing units were included for contact in the low-income sample and 230 were unoccupied at the time of field contact.

[1] This poverty cut-off was the closest published figure to the 130 percent target sought for the CSFII.

Sample Weights

The all-income and the low-income samples were drawn independently. Each sample was designed to be self-weighting at the time of initial contact. That is, the selection of strata, PSU, area segments, and housing units at each stage was made with proportional allocation. At the time of sample selection, the number of households in each cell in the sample appeared in the same proportion as the respective number of households in each cell in the population. However, adjustments to the samples were required because not all eligible households participated, not all eligible men in eligible households were interviewed, and not all interviews yielded complete dietary information. Weighting factors were applied to the data from completed intake records from each sample to adjust for these sources of nonresponse. The weighting factors were derived using the following procedures:

(1) Household weights for each area segment were determined by estimating the total number of eligible occupied households and dividing this number by the actual number of interviewed households in the segment.

(2) The adjustment for eligible men for whom complete dietary intake information was not collected was made within a sample household. First, the number of age-eligible men and the number of participating men in each household were determined. Second, in households where all eligible men participated, each man was given an initial weighting factor of 1.00. In households where not all of the age-eligible men participated, the men in that particular household who did participate received initial weighting factors that summed to the number of eligible men in that household.

(3) The initial weighting factor for each man was then multiplied by the household weight to obtain the individual weight.

The unweighted and weighted counts of individuals for each of the two samples are shown below:

	Unweighted count	Weighted count
All-income sample:		
19-34 years	306	329
35-50 years	249	263
All	555	592
Low-income sample:		
19-34 years	64	75
35-50 years	39	41
All	103	116

The data contained in this report include men from both the all-income sample and the low-income sample. The data from both samples were merged and additional weights were computed for the purpose of treating the two samples as one combined sample. The weights were designed to keep the distribution of low-income households across strata in the combined sample the same as that of low-income households in the all-income sample and to keep the proportion of non-low-income households within strata in the combined sample to be

the same as that of non-low-income households in the all-income sample. The combined sample weighting factors were derived by the following procedures:

(1) The all-income sample households were divided into two groups, a non-low-income group and a low-income group. The same income criteria that were used to determine the eligibility of a household for the low-income sample were used to place an all-income sample household into one of the two groups.

(2) Weighting factors for the households from the low-income sample were derived so that, for each stratum, when these factors were applied to the original weights of the low-income sample, the proportion of weighted households in one stratum to the total number of weighted households in the low-income sample was equal to the proportion of weighted households in the respective stratum to the total number of weighted households in the low-income portion of the all-income sample. For the purpose of deriving the sample weights, eight of the strata were collapsed to four across geographic divisions so that there would be no empty strata in either of the low-income portions of the sample.

(3) A weighting factor designed to bring the proportion of non-low-income households in the combined sample within each stratum up to that of the all-income sample was computed. This was a constant equal to 1.91.

(4) The original household and individual weights were then multiplied by the appropriate factor to obtain the combined sample weights.

The unweighted and weighted counts of individuals in the combined sample are shown below. The difference between the two counts is mainly due to the predominance of non-low-income households:

	Unweighted count	Weighted count
Combined sample:		
19-34 years	370	625
35-50 years	288	509
All	658	1,134

Data Collection

To contact individuals in housing units selected as part of the sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a telephone. Households without telephones received a minimum of six personal visits (five in rural areas). At each household, the interviewer conducted a screening interview to determine if the household was eligible to participate in the survey. In the all-income sample, eligible households were those containing at least one man 19 to 50 years of age, inclusive; in the low-income sample, eligible households were those containing at least one man 19 to 50 years of age and with reported incomes at or below 130 percent of the poverty guidelines (3).

In eligible households, all men 19 to 50 years of age were invited to be interviewed and were provided with a letter of introduction. Screenings were completed during April, May, and June 1985. Interviews were completed between July 1985 and January 1986; 95 percent of the interviews took place during July, August, and September 1985.

Of the 744 all-income sample households found to contain at least one age-eligible man, 531 households participated and 555 men satisfactorily completed the CSFII 1985 food intake interview. In the low-income sample, 149 households had at least one age-eligible man. Of these, 103 men in 100 low-income sample households participated. Overall, 658 men from 631 households participated in the CSFII 1985.

The interviewing process included two major steps: (1) the collection of information about the household and (2) the collection of information on food intake. Interviewers were instructed to complete all interviews in a single household during the same visit, completing the household schedule first and then the required intake records.

Multiple contacts were made when needed to complete interviews in eligible households. Interviewing of a household was not considered complete until the household schedule and intake records for all eligible individuals who agreed to participate were obtained.

Information on the characteristics of the household was collected from the primary age-eligible man in the household (the household informant). If there were two or more age-eligible men in the household, one was randomly selected to act as the household informant. In most cases, information was provided by the male head of household. Household characteristics included the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of household; household size; tenancy; usual amount spent on food; and each household member's sex, age, and relationship to the male head of the household.

Each man interviewed provided information on his own food intake. Information was collected on all food eaten either at home or away, the time of day food was eaten, what the eating occasion was called, and the use of salt at the table. If the household respondent was the main meal planner/preparer, he was asked about the use of fat (including type) and salt in food

preparation and about the form in which the food was brought into the home (commercially frozen, canned, or bottled or in another form). Foods were designated as coming from the home food supply or as obtained and eaten away from home (see Glossary). A Food Instruction Booklet, developed by National Analysts, was used to help respondents adequately describe foods and amounts eaten. The interviewers used standard household measuring cups and spoons and a ruler during the interview to help respondents estimate quantities of foods and beverages consumed. Each man interviewed also provided information on his age, race, employment status, occupation, education, use of special diets, and use of vitamin and mineral supplements.

Eligible households were scheduled for interview in a manner designed to provide representativeness of intake data by day of the week. The distribution of intake data by day of the week is as follows:

Day of week of reported intake	Acceptable dietary forms collected
	-----percent-----
Sunday	22.5
Monday	15.2
Tuesday	13.9
Wednesday	12.2
Thursday	8.5
Friday	19.7
Saturday	8.1

Data Processing

Completed schedules were coded by the contractor using food codes, gram weight conversions, and coding guidelines provided by the Human Nutrition Information Service (HNIS) (5). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to their weight in grams. Items that could not be coded by the contractor using available information were referred to HNIS for resolution. New codes were created by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food and the nutritive value of that food (per 100 grams) from a nutrient data base. The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods reported by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in this survey. The data base contains representative nutrient values for 100 grams of the edible portion of approximately 4,600 food items. The values for most items containing two or more ingredients were calculated from the data for the ingredients using representative recipes.

The nutrient data base developed for use with the CSFII includes values for food energy and 29 nutrients and other dietary components.[2] The sources of these values are the USDA Nutrient Data Base for Standard Reference (6) and the USDA Nutrient Data Bank (7). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

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[2]The nutrient data base developed for CSFII 1985 contains 14 nutrients that were also part of the data base for the NFCS 1977-78: protein, total fat, carbohydrate, vitamin A (as international units), ascorbic acid, thiamin, riboflavin, niacin, vitamin B_6, vitamin B_{12}, calcium, phosphorus, magnesium, and iron. Additional nutrients and dietary components included for the first time in 1985 are saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, dietary fiber, alcohol, carotenes, vitamin E, folacin, zinc, copper, sodium, potassium, and moisture (water). The CSFII 1985 nutrient data base also includes vitamin A expressed as retinol equivalents.

The tables in this report represent values for vitamin A expressed in two ways (IU and RE). Although alcohol was used in the calculation of total energy, separate values for alcohol are not given in the report, nor are values for the moisture (water) content of specific foods.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value is only for beta-carotene or whether it includes other carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which data exist.

Data were subjected to computer-assisted cleaning and checking by the contractor. Dietary intake records that were known to be incomplete were examined. Individuals' heights and weights were compared with the 2nd and 98th percentiles of individuals of the same age group and sex in the NFCS 1977-78 as a check for reasonableness. The gram weight of each individual's total intake of food and intakes of food energy, protein, fat, carbohydrate, calcium, iron, and ascorbic acid were checked for reasonableness in a similar manner. Also, the gram weight of each food reported was checked against reasonable maximums established by HNIS on a food group basis. Data that fell outside the limits set as reasonable were verified by checking the original questionnaire and were corrected if in error.

Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using the U.S. Department of Labor, Bureau of Labor Statistics' Print Control Language (8) and Table Producing Language (9).

Food intakes--The data on food intakes presented in Tables 1.1-1 to 1.6-2 are arithmetic means (averages) for the group of individuals identified in the side stub. For each food group and subgroup of foods identified in the column head, the quantities reported for each individual at each eating occasion were totalled, and a group mean was calculated. If no food from a specific food group or subgroup was reported on the survey day, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include both users and nonusers. Mean intakes per user can be calculated by dividing the mean intake for a group of individuals by the percentage of individuals using food from that food group expressed as a decimal. For example, the per user mean intake of beef by men 19 to 50 years of age in 1985 can be determined as follows:

$$\frac{\text{52 grams beef (from Table 1.1-1)}}{\text{.283 (28.3 percent from Table 1.1-2)}} = \text{184 grams of beef per user}$$

Nutrient intakes--The nutrient intakes by individuals presented in Tables 2.1A to 2.4B do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

Nutrient intakes and RDA--The nutritive values of food intakes as percentages of the RDA were derived using the RDA for a person of the sex and age of the individual (4). Mean percentages for each age group were calculated. The RDA are given in Appendix C.

Energy sources--The percentage contributions of protein, fat, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat by 9 kilocalories per gram, and carbohydrate by 4 kilocalories per gram; dividing those values by the individual's total food energy intake; converting to percentages; and then calculating group means. The general factors 4, 9, and 4 give estimates for a typical mixed diet (10). Alcohol is also an energy source and was considered in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Income levels--Tables presenting results by income level use household income expressed as a percentage

of the Federal poverty guidelines. Each household's income before taxes for the previous year was expressed as a percentage of the poverty guideline for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty guideline. The poverty guidelines, provided by the U.S. Department of Health and Human Services (3), are adapted from the poverty thresholds published by the Bureau of the Census. They are used by many Federal agencies to determine whether a person or family is financially eligible for assistance under a particular Federal program. The guidelines (which are based on the previous year's income) are as follows:

Household size	1985 poverty guidelines	1977 poverty guidelines
1	$ 5,250	$ 2,970
2	7,050	3,930
3	8,850	4,890
4	10,650	5,850
5	12,450	6,810
6	14,250	7,770
7	16,050	8,730
8	17,850	9,690

For households with more than eight members, $1,800 was added for each additional member in 1985 and $960 for each additional member in 1977.

Snacks and food away from home--Dietary data used in calculating the mean percentage contributions of snacks (see Glossary) to the day's intakes of food energy and nutrients include intakes by all individuals, whether or not they reported snacks. For each individual, the amount of each nutrient obtained from snacks was expressed as a percentage of that individual's intake of that nutrient for the entire day. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean. The nutrient contribution of foods obtained and eaten away from home was calculated in a similar manner.

Users of USDA's food consumption surveys have expressed considerable interest in dietary changes over the past decade. The NFCS 1977-78 data in this report are provided for those persons interested in comparing data collected in 1985 with data collected in 1977. Conclusions about increases or decreases in the intake of certain foods and nutrients should be made with an understanding of changes in data collection procedures, probing techniques, and food composition data. In some cases, further analyses will be required to determine whether a change in intake between the two periods should be attributed to a change in the diets of individuals, to a change in food composition data, or to a change in methodology.

Data Collection

The sampling procedures for the CSFII 1985 and the NFCS 1977-78 were similar. Both surveys were designed to provide a multistage stratified area probability sample representative of the 48 conterminous States. The 1977 data were selected from the NFCS 1977-78 basic sample, which included households of all incomes and individuals of all ages. The 1985 data are from the CSFII 1985 sample with eligibility based on the presence of a man 19 to 50 years of age.

One-day dietary intake data were collected by personal interview in both 1977 and 1985. Interviewing for the CSFII 1985 survey of men began in July and continued into January 1986; 95 percent of the interviews took place in July, August, and September 1985. NFCS 1977-78 data were collected in the summer quarter of 1977 (July through September). In 1977, an extensive household food use survey preceded the individual intake survey. Participants received an introductory letter a week before initial contact by the interviewer and were asked to keep some notes on the food used in the household for the 7-day period preceding the interview. Although these notes were intended to help recall foods brought into the home and used by the entire household, they may have aided some individuals in recalling food eaten the day before the interview. In 1985, the survey included data collection on individual intakes only. No advance notice of the survey was given.

The 1985 questionnaire contained some questions not asked in 1977. These included a series of questions that probed for foods that might have been forgotten, such as snack foods, beverages, foods eaten or tasted while preparing meals or cleaning up, and items added to food at the table, such as mustard, butter, and sugar. Questions about the use of salt and fat in the preparation of food from the home food supply and about the form of the food when it entered the home were asked of the main meal planner/preparer. Only 17 percent of the men surveyed designated themselves as the main meal planner/preparer; those who did were asked the questions on fat, salt, and the form of the food.

Interviewers received more training in 1985 than in 1977 in probing for detailed information about food items. For example, if a respondent reported meat or chicken in 1985, the interviewer was instructed to probe for whether or not the respondent ate the fat on the meat or the skin on the chicken; if processed foods were reported, the interviewer was instructed to ask for the brand name. The Food Instruction Booklet

(used by interviewers in both 1977 and 1985 to guide the dietary recall) was revised to improve descriptions of food items and appropriateness of measures used in reporting amounts.

Data on race were collected differently in 1985 than in 1977. In 1985, each age-eligible man was asked "Do you consider yourself to be white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or something else? (Specify_____)." In 1977, the race of the household informant was observed by the interviewer and was recorded as white, black, or other, and the race of this person was assigned to all household members.

Food Coding

The food coding system used for the NFCS 1977-78 was revised for the CSFII 1985. The revisions to the coding system generally fall into the following categories:

(1) Addition of new products and elimination of products no longer marketed.

(2) Elimination of products reported infrequently in the 1977-78 survey.

(3) Addition of new codes to provide more detailed specifications.

(4) Deletion of product distinctions where the level of detail was more than the respondent might reasonably be expected to know, such as whether breads were made with enriched flour.

(5) Combination under a single food code of items that were previously coded separately, such as several varieties of fish having very similar nutrient composition values.

(6) Separation of certain foods coded as mixtures in 1977-78, such as coffee with cream, into their component parts.

(7) Modification of food code descriptions to clarify the contents of mixtures, such as whether the mixture contained a vegetable high in vitamin A and whether a sauce was part of the mixture.

(8) Separation into multiple codes of some similar foods coded together in 1977-78, such as low-sodium and regular products.

(9) Refinement of recipes used for coding food mixtures. For example, many recipes containing butter in 1977 were changed to contain margarine in 1985.

(10) Implementation of a system in 1985 to accommodate responses to the new questions asked of the main meal planner/preparer on use of salt and fat in food preparation. A response that salt or fat was added to an item in cooking was translated into an assumed amount of salt or fat added to the recipe and was coded accordingly. Fat was coded by type. (These codes were used only for the individual providing the information, not for other household members.)

(11) Revision of gram equivalents, used to translate household measures of food intake into grams, because of improved data.

Nutrient Data Base

Nutrient intakes in 1977 reflect the data on the nutrient content of food at the time of that survey. Nutrient intakes in 1985 reflect data of improved quality, as well as changes in nutrient content of foods attributable to the availability of new varieties and species and to new enrichment and fortification levels. Major changes are as follows:

(1) The data base for magnesium and vitamins B_6 and B_{12} is more reliable; values for many of the foods for which data existed before are now based on more analyses, and many additional foods are now covered. This improved data base may contribute to either apparent increases or apparent decreases in amounts of these nutrients in foods.

(2) Calcium values are higher in some breakfast cereals because more calcium has been added.

(3) Phosphorus values for some foods are higher because of added phosphorus compounds. For example, bacon now has phosphate added to reduce shrinkage during cooking. Phosphorus in several breakfast cereals increased as more calcium was added in the form of calcium phosphate.

(4) Iron values are higher for white flour, white bread, and other products made with white flour because of a change in enrichment standards. Iron values in the data base for meat and for milk-based infant formulas are lower because of new and improved data. Iron values for dried fruit are lower partly because of better data and partly because of the higher moisture content of the dried fruit.

(5) Vitamin A values are higher for carrots, sweet-potatoes, and other deep-yellow vegetables because of the development of new varieties that are more intense in color and have a higher content of vitamin A. Values in the data base for fruits are lower because of improved data.

Appendix C: Recommended Dietary Allowances, 1980 (4)

Sex and age (years)	Food energy	Protein	Water-soluble vitamins						
			Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folacin	Vitamin B_{12}
	kcal	g	mg			mg(NE)[1]	mg	mcg	
Males and females:									
0.0-0.4	690	13.2	35	0.3	0.4	6	0.3	30	0.5
0.5-0.9	945	18.0	35	0.5	0.6	8	0.6	45	1.5
1-3	1,300	23.0	45	0.7	0.8	9	0.9	100	2.0
4-6	1,700	30.0	45	0.9	1.0	11	1.3	200	2.5
7-10	2,400	34.0	45	1.2	1.4	16	1.6	300	3.0
Males:									
11-14	2,700	45.0	50	1.4	1.6	18	1.8	400	3.0
15-18	2,800	56.0	60	1.4	1.7	18	2.0	400	3.0
19-22	2,900	56.0	60	1.5	1.7	19	2.2	400	3.0
23-50	2,700	56.0	60	1.4	1.6	18	2.2	400	3.0
51-75	2,400	56.0	60	1.2	1.4	16	2.2	400	3.0
76 and over	2,050	56.0	60	1.2	1.4	16	2.2	400	3.0
Females:									
11-14	2,200	46.0	50	1.1	1.3	15	1.8	400	3.0
15-18	2,100	46.0	60	1.1	1.3	14	2.0	400	3.0
19-22	2,100	44.0	60	1.1	1.3	14	2.0	400	3.0
23-50	2,000	44.0	60	1.0	1.2	13	2.0	400	3.0
51-75	1,800	44.0	60	1.0	1.2	13	2.0	400	3.0
76 and over	1,600	44.0	60	1.0	1.2	13	2.0	400	3.0
Pregnant:									
11-14	2,500	76.0	70	1.5	1.6	17	2.4	800	4.0
15-18	2,400	76.0	80	1.5	1.6	16	2.6	800	4.0
19-22	2,400	74.0	80	1.5	1.6	16	2.6	800	4.0
23-50	2,300	74.0	80	1.4	1.5	15	2.6	800	4.0
Lactating:									
11-14	2,700	66.0	90	1.6	1.8	20	2.3	500	4.0
15-18	2,600	66.0	100	1.6	1.8	19	2.5	500	4.0
19-22	2,600	64.0	100	1.6	1.8	19	2.5	500	4.0
23-50	2,500	64.0	100	1.5	1.7	18	2.5	500	4.0

[1] One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

Appendix C: Recommended Dietary Allowances, 1980 (4)—Con.

Sex and age (years)	Fat-soluble vitamins			Minerals				
	Vitamin A		Vitamin E	Calcium	Phosphorus	Magnesium	Iron	Zinc
	RE	IU[2]	Alpha-TE	mg				
Males and females:								
0.0-0.4	420	1,400	3	360	240	50	10	3
0.5-0.9	400	2,000	4	540	360	70	15	5
1-3	400	2,000	5	800	800	150	15	10
4-6	500	2,500	6	800	800	200	10	10
7-10	700	3,300	7	800	800	250	10	10
Males:								
11-14	1,000	5,000	8	1,200	1,200	350	18	15
15-18	1,000	5,000	10	1,200	1,200	400	18	15
19-22	1,000	5,000	10	800	800	350	10	15
23-50	1,000	5,000	10	800	800	350	10	15
51-75	1,000	5,000	10	800	800	350	10	15
76 and over ..	1,000	5,000	10	800	800	350	10	15
Females:								
11-14	800	4,000	8	1,200	1,200	300	18	15
15-18	800	4,000	8	1,200	1,200	300	18	15
19-22	800	4,000	8	800	800	300	18	15
23-50	800	4,000	8	800	800	300	18	15
51-75	800	4,000	8	800	800	300	10	15
76 and over ..	800	4,000	8	800	800	300	10	15
Pregnant:								
11-14	1,000	5,000	10	1,600	1,600	450	18	20
15-18	1,000	5,000	10	1,600	1,600	450	18	20
19-22	1,000	5,000	10	1,200	1,200	450	18	20
23-50	1,000	5,000	10	1,200	1,200	450	18	20
Lactating:								
11-14	1,200	6,000	11	1,600	1,600	450	18	25
15-18	1,200	6,000	11	1,600	1,600	450	18	25
19-22	1,200	6,000	11	1,200	1,200	450	18	25
23-50	1,200	6,000	11	1,200	1,200	450	18	25

[2]Vitamin A allowances were converted from retinol equivalents to international units to allow comparison with 1977 intake data.

(1) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals: Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985. U.S. Dept. of Agric., Rpt. No. 85-1, 102 pp.

(2) U.S. Department of Agriculture, Human Nutrition Information Service. 1986. Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals: Low-Income Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985. U.S. Dept. of Agric., Rpt. No. 85-2, 186 pp.

(3) U.S. Department of Health and Human Services. 1985. Annual Revision of the Poverty Income Guidelines. Federal Register 46:9517, March 8.

(4) National Academy of Sciences, National Research Council, Food and Nutrition Board. 1980. Recommended Dietary Allowances, 9th ed. Washington, DC: National Academy Press, 185 pp.

(5) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. Manual of Food Codes for Individual Intake.

(6) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. USDA Nutrient Data Base for Standard Reference, Release 5. Accession No. PB85-10051/HBF. U.S. Dept. of Commerce, National Technical Inform. Serv., 5285 Port Royal Rd., Springfield, VA 22161. Computer tape.

(7) Hepburn, F. N. 1982. The USDA National Nutrient Data Bank. Amer. J. Clin. Nutr. 35:1297-1301.

(8) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Print Control Language. Table Producing Language System: Version 5 Language Guide. 169 pp.

(9) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Table Producing Language System: Version 5 Language Guide. 271 pp.

(10) Merrill, A. L., and B. K. Watt. 1973. Energy Value of Foods--Basis and Derivation. U.S. Dept. of Agric., Agric. Handb. No. 74, 105 pp.

Other CSFII Reports

The CSFII 1985 publication series includes four other reports:

NFCS, CSFII Report No. 85-1	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985 (Issued November 1985)
NFCS, CSFII Report No. 85-2	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Low-Income Women 19-50 Years, and Their Children 1-5 years, 1 Day, 1985 (Issued August 1986)
NFCS, CSFII Report No. 85-4	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Women 19-50 Years and Their Children 1-5 Years, 6 Days, 1985 (In preparation)
NFCS, CSFII Report No. 85-5	Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Low-Income Women 19-50 Years and Their Children 1-5 Years, 6 Days, 1985 (In preparation)

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